

# Mountaineer

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April 13, 2006

## Reserve units play vital role in mobilizing, preparing troops for war

by Sgt. 1st Class  
Teresa E. Bartlett

2nd Brigade, 91st Division

As today's Army plays a crucial mission in fighting the Global War on Terrorism, there has never been a heavier reliance on the integration of Active Component, National Guard and Reserve Soldiers.

Although the Selective Service has always been a part of our nation's strategy for military end strength, never has this plan been more tested than with the demands of our current wartime mission. Two Fort Carson units have answered this integration challenge and have become the deployment platform experts here.

Since 2003, the 1st Mobilization Brigade and the 2nd Brigade, 91st Division (Training Support), known as the "Dagger Brigade," have helped deploy more than 40,000 Soldiers, airmen and Navy personnel. On any given day at Fort Carson, the two units receive, support, train and deploy more than 300 Soldiers to overseas theaters such as Iraq and Afghanistan.

The two units have unique missions that compliment each other and, in combination, effectively prepare Soldiers for the rigors of the combat environments of Iraq, Afghanistan and other locations in support of the Global War on Terrorism.

Upon arrival at Fort Carson, deploying Soldiers are received by 1st MOB and organized into training groups. It is not uncommon that these groups have never previously worked with each other. The groups will progress through the preparation and training cycles together, and as training progresses, will become a more cohesive combat team.

For the first few days at Fort Carson, 1st MOB works with the group to process and resolve deployment issues for individual Soldiers including completing personnel paperwork, initiating pay, issuing theater-specific equipment, and shipping of unit assets overseas.

On about day four, the Dagger Brigade takes over and begins a rigorous cycle of precombat preparation that trains Soldiers in the skills of individual weapons proficiency, advanced combat lifesaving techniques, how to operate safely in an urban combat environment, and many other critical skills needed in a combat theater.

Upon completion of required training, each Soldier's requirements are validated, and the Soldiers return to 1st MOB, which coordinates and arranges for departure.

The 1st MOB and Dagger Brigade ensure that Soldiers have their personal issues resolved when preparing to deploy. A primary factor to the two



Photo courtesy Staff Sgt. Alyn-Michael MacLeod  
Staff Sgt. Robert A. Officer, right, 2nd Brigade trainer from the 1st Engineer Battalion, 361st Regiment, coordinates plans with JSTO airmen prior to conducting premobilization training at Fort Carson.

units' success is 1st MOB's unique Soldier liaison program. The 1st MOB provides a liaison for each training group.

The LNO is familiar with Fort

Carson, its organizations, training cycles, and is typically a member of the military branch of the training group.

See **MOB** on Page 7

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#### MUST SEE



Quite an Eggsperience!  
See Pages 26-27.

## Mountain Post Soldier sentenced

#### Public Affairs Office

Pvt. Timothy Parker, 3rd Heavy Brigade Combat Team, 4th Infantry Division, was found guilty of involuntary manslaughter and aggravated assault April 7 by a panel of eight commissioned and noncommissioned officers here.

He was sentenced Saturday to seven years confinement, forfeiture of all pay and allowances and a bad conduct discharge.

Parker was charged with murder and assault with means or

force likely to produce death or grievous bodily harm.

Involuntary manslaughter carries a maximum sentence of

total forfeiture of pay and allowances, a dishonorable discharge and 10 years in prison.

Aggravated assault carries a maximum sentence of forfeiture of all pay and allowances, a dishonorable discharge and three years in prison.

The charges against Parker stem from a Nov. 11 incident in which he was involved

with an altercation with two other Soldiers.



**Parker**



Bullet trajectory ...

Knowing distance of target helps shooters

Commentary by Sgt. 1st Class  
Hubert Townsend

Small Arms Readiness Group

A recently returning noncommissioned officer (from downrange) told me that the Army needs Soldiers that can shoot with better precision.

We got into a marksmanship discussion and I told him that with today's training doctrine his desired precision just wasn't going to happen. And here's why: after Vietnam, the Army got rid of the known distance ranges in favor of the present pop-up qualification targets, shooting 20-inch-by-40-inch human silhouette targets at distances out to 300 meters.

The psychological reasons are well documented in Lt. Col. Dave Grossman's book, "On Killing," available at the post library.

Unfortunately, the demise of the KD ranges is disastrous for precision combat shooting. The zero that Soldiers get on the 25-meter range is called a "nero" by shooters, because it is a ball park zero.

One can't know exactly where the center of one's shot group is unless shooting at a KD target. There, the Soldier can see how far from center he is actually putting bullets: left, right, up or down at the various distances.

Shooting pop-ups is like putting (golf) in the dark. You only know if you

hit the target or not. Shooters have no idea where the round went and could very well be consistently hitting to one side — in need of moving the windage knob.

The Soldier also doesn't know if he is hitting high or low at the various distances either. This has a huge impact on precision shooting because of the trajectory of the bullet.

As soon as a round leaves the barrel, gravity starts its inevitable pull downward. For the .38 seconds it takes for the 5.56 mm bullet to go 300 yards, this is a 24-inch drop.

To compensate for this drop, the sighting system slightly



elevates the barrel to shoot the bullet in an arc. This is similar to throwing a baseball from right field to the catcher's mitt. But we zero the rifle to hit point-of-aim, point-of-impact at one distance.

That means that at other distances the impact will be above or below where the front sight was placed on the target. And how can the Soldier know how much this is and quickly compensate by holding off the necessary amount?

He sure can't do it from pop-up target feedback. This is the great value of training on a KD range. The Soldier can immediately see where the shot group is striking and know exactly where he needs to hold his front sight at different distances.

A knowledgeable shooter/instructor can also detect fundamental marksmanship errors by analyzing the shot group pattern.

To be the best marksman requires that the shooter have complete faith and confidence in his weapon. This is partly gained by knowing from experience where the round is hitting at all distances.

That is the great value in training on Range No. 7, the KD range. There are still a few of the target mechanisms that work quite well and they never need electricity, compressed air or rebooting to function reliably.

**Editor's note:** Sgt. 1st Class Hubert Townsend welcomes all comments at [Hubert.Townsend@us.army.mil](mailto:Hubert.Townsend@us.army.mil).

POST TALK: Why do you think it is important to remember the Halocaust?



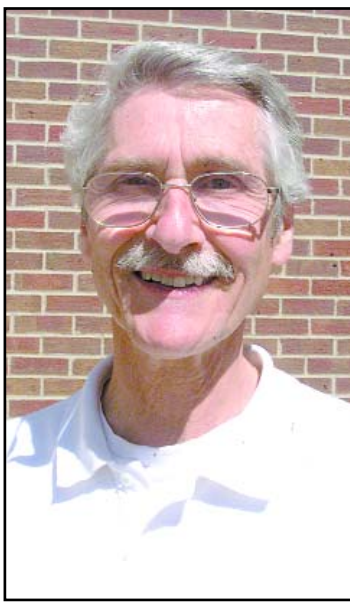
*"To help teach generations to come about what happened."*

Sgt. 1st Class  
Sean Miller  
43rd ASG



*"So we never forget what those people went through back then."*

Sgt. 1st Class  
Emily Kent  
HHC, 7th ID



*"So hopefully something horrible like that does not happen again."*

Pete Dwinget  
Retired military

MOUNTAINEER

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# NEWS

## Army observes Sexual Assault Awareness Month

*Army News Service*

The Army joins the other armed services in observing April as National Sexual Assault Awareness Month.

This observation serves as an important reminder to continuously reinforce the mission of the Army's Sexual Assault Prevention and Response Program to Soldiers and leaders at all levels.

Sexual assault is a crime and it will not be tolerated and has no place in the Army. It is contrary to Army values, tears at the fiber of unit cohesion, and degrades mission readiness.

The Army is dedicated to increasing education about what sexual assault is, and is not, and what effects incidents of assault have on Soldiers.

Soldiers must feel confident their leaders take this matter seriously and will respond to each incident appropriately.

Army leaders are strongly encouraged to talk openly to their Soldiers about sexual assault, demystify the issue and instill confidence in their subordinates.

One tool for furthering understanding is the revised Army Regulation 600-20's (Army

Command Policy) new Chapter 8 on the Army's Sexual Assault Prevention and Response Program and related policies.

Implementation guidance is provided for creating a command climate that seeks the elimination of sexual assault and strongly encourages and supports reporting incidents.

Installation commanders can consult their unit's Sexual Assault Response Coordinators for recommended awareness month activities.

The SARCs will be receiving information packages from the DoD Sexual Assault Prevention and Response Program Office that contain brochures, suggested activities, news articles and letters.

Another information tool is the Army's Sexual Assault Prevention And Response Program Web site, [www.sexualassault.army.mil](http://www.sexualassault.army.mil), which contains a variety of educational material; individual sexual assault prevention and response actions, lesson plans and links to other resources for leaders and Soldiers.

The Army is a values-based organization in which Soldiers must treat each other with the dignity and respect they deserve.

Effecting the reduction of the incidence of

sexual assault, with the objective of full eradication, is the obligation of commanders committed to keeping their Soldiers safe, and maintaining high levels of unit readiness.

Active leadership involvement in Sexual Assault Awareness Month activities helps the Army move closer to achieving these goals.

For more information on the Army's Sexual Assault and Prevention Program, contact Jeanne Koss, Soldier and Family Readiness Program Manager, Fort Carson Army Community Service, at 526-4590 or e-mail: [Jeanne.Koss@carson.army.mil](mailto:Jeanne.Koss@carson.army.mil).

**Editor's note:** In observance of National Sexual Assault Awareness Month, Fort Carson will host a Clothesline Project display at the post exchange and commissary through Friday. The Clothesline Project is a display of T-shirts designed by victims of sexual assault. The Yellow Dress Project, a dramatic one-woman play, will also be presented April 20 at 9:30 a.m. at the Peterson Air Force Base Auditorium, April 21 at 12:45 p.m. at the United States Air Force Academy Community Center and April 20 at 7 p.m. at the University of Colorado-Colorado Springs, University Center Building.

# Pentagon Channel adds video podcasting to product line

*American Forces Press Service*

**WASHINGTON** — The Pentagon Channel has added video podcasting to its line of products that distribute the channel's military news and information to the nation's men and women in uniform.

"We work hard to communicate with the men and women of the department around the world," Secretary of Defense Donald H. Rumsfeld said. "I am pleased that we are using video casting and other increasingly important technologies to reach our global audience with all the news and information available on the Pentagon Channel."

The channel's video podcasting lineup includes:

"Around the Services in Brief," the daily military news and information show;

"RECON," an in-depth look at real-world military operations, missions and events; and

"Around the Services Reloaded," a weekly round-up of news and information important to service members stationed around the world.

In addition to its new video podcasts, the Pentagon

Channel will continue to audio podcast and stream a live webcast of the channel at [pentagonchannel.mil](http://pentagonchannel.mil).

"Leveraging technologies like video and audio podcasting allows us to communicate relevant and timely military news and information to our men and women of the U.S. military, anywhere, anytime — it's a great capability," said Brian Natwick, general manager of the Pentagon Channel.

Video podcasting is a method of publishing video broadcasts via the Internet, allowing users to subscribe to a feed of new files. There is no cost to subscribe, and broadcasts are delivered straight to the subscriber's computer desktop. Files can be viewed either on a PC or on a mobile video device, such as a video-enabled iPod.

The Pentagon Channel broadcasts military news and information for and about the 2.6 million members of the U.S. armed forces — active duty, National Guard and Reserve. Broadcasting 24 hours a day, seven days a week, the Pentagon Channel helps ensure that U.S. forces remain the best informed in the world.

Today, the Pentagon Channel is available on-base

to the more than 1 million service members who live and work on the 312 military bases, camps and installations in the United States that currently receive it. Also, the channel is available to the 700,000 service members and their families serving overseas in 177 countries via the American Forces Radio and Television Service.

The Pentagon Channel also reaches more than 12 million households through commercial distribution on satellite and cable systems nationwide. DISH Network, Verizon FiOS and divisions of Comcast, Time Warner, Cox, Charter, Mediacom, RCN, Armstrong, Midcontinent, Knology, GCI, and a number of smaller cable companies and local access channels in communities around the country carry the Pentagon Channel.

For more information on video podcasting, as well as to view the Pentagon Channel streamed live, visit [www.pentagonchannel.mil](http://www.pentagonchannel.mil).

**Editor's note:** Fort Carson cable subscribers can see the Pentagon Channel on channel 9.



# MILITARY

## Operation Cowpens ends 2-week run

Story and photo by  
Spc. Lee Elder

*133rd Mobile Public Affairs  
Detachment*

**AL DALUIYAH, Iraq** — An orchard here yielded U.S. and Iraqi forces a plentiful crop of weaponry and munitions as joint operations continued on the Jabouri Peninsula.

Soldiers from Company A, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, continued their patrols after the end of Operation Cowpens, a two-week operation. Each day, Soldiers continued to find an array of insurgent weapons, ammunition and explosives.

“We’re getting rid of all this stuff,” said 1st Lt. Joseph Mickley, Company A, “We’ve never had finds this large before.”

On this day, Mickley’s platoon, which is part of 3rd Heavy Brigade Combat Team, Task Force Band of Brothers, is combining its efforts with Iraqi army elements from 1st Battalion, 3rd Brigade, 4th Iraqi Army Division.

It’s been a rewarding partnership so far, said Mickley.

Company A — dubbed “The Rock Company” — has also utilized local Iraqi police in its efforts, said Capt. Timothy Knoth, the company’s commander. The forces are a blend of Iraq’s Sunni, Shiite and Kurd factions.

“It’s been a real melting pot of security forces,” said Knoth. “We are trying to force people to work together who often might not want to.”

“They’ve been very helpful,” Mickley said. “They’re like bloodhounds out here.

“They know this terrain and they know where this stuff is hidden.”

Soldiers quickly found 200 feet of detonation cord. Later, they found a foot-long rocket buried along with a bag full of armor-piercing rounds and six mortar rounds encased in plastic.

Most of the items found were in plastic barrels. They were buried just a few inches below ground beneath the orchard’s row of trees.

Soldiers used metal detectors and probing poles to locate the items. They



*U.S. Soldiers, along with their counterparts from the Iraqi army, dig up a hidden cache of weapons on the Jabouri Peninsula.*

worked well with their Iraqi counterparts to find weapons that could pose a common threat to both armies, said Mickley.

“They were going to use this stuff against us,” Mickley said. “It’s better that we find it and get it out of here.”

A tip that was later confirmed by

overhead surveillance led the Fort Carson Soldiers to begin their search near an area soccer field. The field was being used by insurgents for not only recreation, but also to hide caches of weapons as well.

See **Cowpens** on Page 9

# Military briefs

## Miscellaneous

**Self-help weed control program** — Army regulations require pesticide applicators on military installations be certified. Units who wish to participate in the self-help weed control program must have Soldiers trained in the proper handling, transport and application of herbicides. Once an individual is trained, the Directorate of Environmental Compliance and Management can issue premixed herbicides in sprayers or Weed-n-Feed granular with spreaders. These items are for use in treating weeds around barracks, service, administrative areas and motor pools.

Training sessions begin Wednesday and will be held Wednesdays from 10-11 a.m. through October at bldg 3711. Units may send up to five people for training. Additional personnel can be certified but must be preapproved through unit commanders and DECAM.

Equipment and materials may be picked up and returned to bldg 3708 Monday-Friday between 7:30 a.m.-noon.

For more information call 526-5141.

**Officer Candidate School board dates changed** — The next Department of the Army Board for OCS will be conducted July 17. Soldiers wishing to be considered by this board must pick up an application packet at the 502nd Personnel Services Battalion, Personnel Action Branch, bldg 1118, room 208, as soon as possible. Turn in the original application packet plus two copies at the Personnel Action Branch no later than 4 p.m. May 15. Soldiers must appear before the local OCS board at the Elkhorn Conference Center May 22-23 from 7 a.m. to 5 p.m.

For more information contact Darlene Roberts or Kathy Mihm at 526-2115/6481.

**ETS orders** — Due to the high volume of Soldiers reaching their end of term of service, Soldiers are no longer authorized to pick up orders directly from the Transition Center. All brigade level S-1s are now responsible for picking up and signing for ETS orders. The Transition Center is located in bldg 1042, room 306. Call 526-2240 for more information.

**DPW services** — Do you know who to call when a windstorm causes damage to your facility, overturns a portable latrine or when trash containers are overflowing? The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.
- Elevator maintenance — Call Larry Haack at 526-6669.
- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

Please note the above phone numbers and POCs do not apply to family housing facilities.

**Female sexual abuse survivors** — A group for

active-duty female sexual abuse survivors meets Thursdays at Evans Army Community Hospital's Behavioral Health section. Call 526-7177 and ask for Dr. Kay Beaulieu for more information.

**Learning Resource Center offerings** — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-9 p.m., Friday 9 a.m.-8 p.m., Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. For more information call the Learning Resource Center at 526-4058/8077.

**Off limits** — The following establishment has been placed off limits to all Soldiers assigned to Fort Carson: Prime Time Tavern and Rib Shack, 232 Pueblo Ave., Colorado Springs.

Additionally, all properties owned by Alma Patrick are off limits to all military personnel regardless of assignment. The addresses of these properties, all in Colorado Springs, are: 1003, 1224, 1128, 1128 1/2, 1130, 1208, 1208 1/2, 1705, 1713, 1715, 2123 and 1223 1/2 W. Colorado Ave.; 15 S. 12th St; 1132 W. Kiowa; 725 and 1812 W. Platte; 1203 Richards; 1718 and 1720 W. Vermijo; 2228 N. Walnut; 112 S. 10th St.

## CIF Hours

### Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m.-11:30 a.m.

### Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

### Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

### Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.

### Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

### Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

### Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.

### Unit issues and turn ins

Call 526-6477/5512 for more information.

## Hours of operation

**Education center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

**Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

**Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

**Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

**Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

**eArmyU Testing** — Monday and Wednesday-Friday, 8 a.m.-2:30 p.m., closed training holidays.

**Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

**Claims Division hours** — The Claims Division office hours are Monday through Thursday from

9 a.m.-5 p.m, closed Friday and federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

*Wolf Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Indianhead Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Butts Army Airfield* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

*Patton Inn* — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Striker Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*10th SFG* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**eArmyU** — eArmyU briefings are conducted at the Mountain Post Training and Education Center, bldg 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

**Special Forces briefings** will be held Tuesday-Friday at McMahon Theater, bldg 1517, from 10:30-11:30 a.m. Briefings will also be held from 2:30-3:30 p.m. Tuesday, Wednesday and Friday. To meet the minimum requirements for enlisted Special Forces, Soldiers must: be in the rank of specialist to staff sergeant (some privates first class and sergeants first class may be eligible); have a general technical (GT) score of at least 100; sign a volunteer statement for Special Forces Assessment and Selection Course training; provide a copy of their enlisted record brief (or 2A and 2-1); and pass a Special Forces physical. For more information contact Sgt. 1st Class Kristopher Ball at 524-1461.

**Army Career and Alumni Program briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. If you do not know your AKO user name or password call (877) 256-8737. ACAP preseparation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m, bldg 1118, room 133, located across from the Welcome Center. Call 526-1002 to schedule an initial preseparation briefing.



"Better Opportunities for Single Soldiers"

**BOSS meeting** — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

## MOB

From Page 1

This approach ensures the needs of each Soldier are met. Soldiers deploy with peace of mind that their personal affairs are in order and they are well prepared to execute their mission competently and safely.

Staff Sgt. Daniel B. Vollstedt LNO from 1st MOB said, "People sometimes forget what we do — we aren't always considered an important part of the premobilization training." Vollstedt said, "I am particularly proud of our role in making sure the Soldiers get the crucial equipment they need to deploy."

During 2003, Vollstedt served seven months in Iraq and understands how important essential equipment is to Soldier survivability.

Embedding LNOs with training groups is unique to Fort Carson. LNOs act as escorts, coordinate medical appointments and work to resolve equipment or weapons issues, as well as provide support for any logistical issues that may occur concerning meals, billets or transportation.

From the time deploying Soldiers arrive at Fort Carson through their precombat training to their departure overseas, LNOs coordinate daily with both 1st MOB and the Dagger Brigade to provide cohesion, seamless integration and provide personal attention when needed.

The overall mission of 1st MOB also includes documentation on personal weapons and unique Soldier identification information.

1st MOB ensures Soldiers' personal weapons are operational for safety and reliability in combat.

Prior to their departure overseas, U.S. Forces

Command requires all Soldiers be certified deployable. To accurately track each deploying individual, 1st MOB uses an Internet-based system that tracks deficiencies.

This system is accessible to military proponents through a national database. This ensures each deploying Soldier is 100 percent prepared and that no Soldier slips through the process unnoticed.

According to Lt. Col. James L. Jaworski, 1st MOB deputy commander, "The 1st Mobilization Brigade is not well known at Fort Carson under its existing name. This is because the brigade was previously part of a larger organization."

Originally a member of the 5025th Garrison Support Unit, the brigade was comprised of more than 200 Reserve Soldiers who mobilized at Fort Carson after Sept. 11, 2001. The unit served more than two years on active duty here and then demobilized.

What remains at Fort Carson is a subset of the original unit which has downsized to approximately 50 Reserve Soldiers, and yet continues with the same wartime mission as its parent unit once did.

To date, 1st MOB has processed and supported more than 2,500 military personnel, including Brigade Combat Replacement Teams, Joint Services Training Oversight Teams, Multi-National Corps-Iraq Soldiers, and Afghanistan National Army Embedded Training Teams, as well as more than 400 Army Reserve and National Guard Soldiers.

In turn, the Dagger Brigade is the training counterpart for deployment preparation. Employing theater-specific immersion training techniques, 2nd Brigade creates training conditions that emulate those found in Iraq and Afghanistan.

As part of a tough, hands-on, realistic training

program, the 20- to 30-day training cycle produces leaders and Soldiers who are confident in their skills, knowledge and abilities.

Since 2003, the Dagger Brigade has trained more than 40,000 brigade combat team members, large maintenance support units, individual replacements, and joint service Navy and Air Force personnel.

Speaking from combat experience in Iraq in 2003, Sgt. 1st Class Shawn L. Fuller, a Dagger Brigade trainer, said, "The most valuable training we provide to deploying Soldiers is taking the massive amounts of time and energy the U.S. Army has invested in us, putting it together with our experience in Iraq and Afghanistan, and being able to break it down into easily understood concepts and techniques for Soldiers and personnel from other military branches in a short amount of time."

The combined efforts and expertise of the 1st MOB and Dagger Brigade have transformed Fort Carson into one of the nation's premier mobilization platforms.

Despite having two disparate missions, the units have a cohesive relationship and work to meet the demands for competent warriors in support of the Global War on Terrorism.

Jan. 16 marked the beginning of a new relationship at Fort Carson as the Dagger Brigade reorganized and joined 1st MOB and other Fort Carson units as the newest member of the 7th Infantry Division.

Now a member of the Training Division-West under 1st Army, Fort Carson's expanding mission includes training, readiness oversight and mobilization throughout the continental United States and two U.S. territories.



# Chaplain meets Soldiers on their turf

Story and photo by Spc. Lee Elder

133rd Mobile Public Affairs Detachment

**BALAD, Iraq** — The chaplain for the 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division has a confession to make, but it will be difficult to hear it in his office.

That's because Chap. (Capt.) Bill Johnson is always on the move.

Whether he's taking coffee to Soldiers, manning a guard tower at midnight, managing the base camp's



*Chap. (Capt.) Bill Johnson, 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, gives a sermon to Soldiers while deployed to Iraq.*

Internet café, visiting another nearby base camp or going out on a mission, the burly Californian is not your stereotypical pulpit-bound chaplain.

"I don't like being in my office," Johnson said. "I don't like the fact that Soldiers have to come to me.

"I would rather be accessible to them."

While Johnson's office is located at Forward Operating Base Paliwoda in Balad, he provides religious support to Soldiers in two other northern Iraqi base camps as well.

He spends most of his time on Iraq's sometimes dangerous highways; joining Army convoys to visit all of his Soldiers.

"It's an adrenaline rush," he said. "It's pretty addictive."

Johnson, 35, is a newcomer to the chaplaincy. He is a 2005 graduate of Liberty Theological Seminary and had only been in the Army a couple of months when his Colorado-based unit got its orders for Iraq.

"The biggest challenge right now is the balance," Johnson said. "It's learning how to distinguish between being an officer and being a chaplain.

"Chaplain comes first and it's one of those things that you have to make sure the position you hold is what the people see, and not the rank."

Johnson is endorsed by the General Association of Regular Baptist Churches, a conservative Baptist denomination based largely in the Midwest. However, as the battalion chaplain, he provides religious support to Soldiers of all faiths. He relies very heavily on leaders among each of those groups.

"It's nice to see how they make my job easier,"

Johnson said. "They work with me, and I can go to them.

"I am able to provide religious support without having to cross any denominational bounds."

Johnson drew praise from his commander. He said Johnson has learned his role quickly.

"Chaplain Johnson is one of the best chaplains I have worked with in my 20-year career even though he is relatively new to the Army," said Lt. Col. Jeffrey R. Martindale, the battalion's commander.

Johnson grew up in Vacaville, Calif., just outside the gates of Travis Air Force Base, where his father spent most of his 28-year Air Force career as a non-commissioned officer. He graduated from Calvary Baptist High School in Fairfield (Calif.) in 1989.

After attending Hyles-Johnson College in Hammond, Ind., for one year, he transferred to Pensacola (Fla.) Christian College. It was during his four years in Florida that he met his wife, Jennifer. They have four children.

Johnson later graduated from Dayspring University and taught at Christian day schools in Maryland and Pennsylvania. It was in Maryland where he first worked with young Soldiers while serving as a Sunday school teacher to advanced individual training students at Fort Meade, Md.

"It was a really unique experience to see how hungry these kids were," Johnson said.

"They came to chapel on their own, and being able to reach out to these Soldiers and deal with them was great. I was combining my love for the Bible and teaching."

During this time, his father-in-law, Army Chap.



## Cowpens

From Page 5

On March 17, Soldiers made a huge find. Among items found on the first day were:

- 30 pounds of TNT;
- 28 82 mm mortar rounds;
- 15 cases of 14.5 mm rounds; and
- 14 (57 mm and 68 mm rockets).

“The whole scope of the operation expanded,” said 1st Sgt. David Kozak from Company A. “It went from a platoon operation, to a company operation and finally to a battalion operation.”

The battalion action — dubbed “Operation Cowpens” — kicked off with an air assault conducted by two Company A platoons.

A more thorough search of the grounds in and around the soccer field ensued.

During the course of the operation, Soldiers changed their patrolling scheme. Instead of the standard eight-hour patrols, two mounted platoons spent two to three days on site conducting searches.

“It’s allowed us to stay around and continue the search,” Kozak said. “Now, we don’t have to fight our way in each day.

“It has really kept the bad guys off balance.”

Patrols are staggered in times and duration to keep enemy forces guessing. Soldiers from Forward Operating Base McKenzie often go out on a few hours’ notice so that no set pattern is established.

The stepped-up patrols have also been coupled with an outreach program to local Iraqis. It has improved relations between coalition forces and the area population.

“In the past, every time we showed up, there was shooting,” Kozak said.

“Our message is, ‘Stop shooting at us and see

what we can do for you.’”

The finds have increased with information provided from these improved relationships with local citizens.

Coalition forces have captured two dozen rifles, more than 10,000 rounds of ammunition and nearly three dozen rocket-propelled grenade launchers. Artillery and mortar rounds have also been in the recovered items.

Soldiers on the scene estimated that enough explosive material has been found, along with detonation cord and signaling devices, to rig up more than 300 improvised explosive devices.

These roadside bombs have been an ongoing challenge to Soldiers in Bradley Fighting Vehicles and in Humvees.

“We’ve put a stop to a lot of the IED making,” said Sgt. Daniel Reinhardt. “The more we’re out here, the more we stuff we bring out, the less the bad guys are here.

“We’re keeping them off their home turf and that is a good thing.”

In addition, coalition forces have killed 10 insurgents during action surrounding the operation. The latest attack April 1 resulted in the deaths of three insurgents who were trying to attack a mounted platoon with anti-tank grenades.

An added benefit to the operation has been the increased role of the Iraqi army. They are now at the forefront of the effort to deprive insurgents of their deadly arms.

“Initially, U.S. forces were finding most of the stuff,” Kozak said. “Now, it has evolved into more an Iraqi army operation.

“Our role now is largely pulling security for the search teams. It’s good to see they are taking over in providing security for this area.”

## Chaplain

From Page 8

(Col.) James May, began discussing his prospects in the chaplain field with Johnson.

Johnson soon started the steps to be admitted to seminary and the Army’s chaplain candidate program.

“Four years later, boom, here we are,” Johnson said.

Besides conducting Protestant worship services and Bible studies, Johnson spends a lot of time counseling Soldiers. It’s his most time-consuming task.

“Most of the counseling I am dealing with is marriage-relationship counseling,” Johnson said. “Sometimes it stems from situations that came over and sometimes it stems from the fact that they are newly deployed and married.”

Another area where Johnson intercedes in is “interpersonal relationships.”

Getting along with the same people in a relatively confined area for a year is a challenge.

“Some of these guys are working with their buddies 24-7,” Johnson said. “There is no break. Tensions fray and nerves get stepped on.

“Sometimes, they need a place to vent and they don’t know where to go. They just come to me.”

Despite the challenges of being a new chaplain in a war zone thousands of miles from his family, Johnson said he is content. He plans to pursue a career as an Army chaplain.

“I came in for the long haul,” Johnson said. “I have no doubt this is where I am supposed to be.

“Even when the going gets tough, honestly, I have the greatest job in the Army. I have a chance every day to make a difference in the lives of individuals.

“It’s just an awesome calling.”

# Mission touches hearts of troopers

by 1st Lt. Ron Magtanong  
*3rd Heavy Brigade Combat Team*

BALAD, Iraq — Scouts from Bulldog Troop, 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, along with their partnered Iraqi army company, are usually seen around the South Sala ah Din Province clearing routes leading in and out of Logistical Support Area Anaconda of improvised explosive devices and conducting reconnaissance in the area.

However, on April 5, scouts from Bulldog Troop's 2nd Platoon found themselves in a different type of mission altogether. They were tasked with assisting their Iraqi army counterparts in conducting a humanitarian visit to the small, mostly Sunni, village of Albu Hassan which has a population of approximately 150 people.

An Iraqi army squad from 4th Company, 1st Battalion, 4th Iraqi Army Division, supported by 2nd Sqdn, 9th Cav, and accompanied by a U.S. Army civil affairs team from the LSAA, distributed much-needed school supplies to the eager crowd.

Toys and clothing were also distributed as medics from Bulldog Troop and a Navy corpsman from Marine Task Force Leatherneck joined an Iraqi army medic in administering basic first aid to anyone with injuries.

Staff Sgt. Brandon Fitzgerald, Bulldog Troop, was nearly choked with emotion as he gave a toy to an Iraqi child.

"This Iraqi child came up to me and said, (in

Arabic) 'all I want is a toy truck.' He reminded me of my little boy back home," Fitzgerald said. "They are about the same age. It touched my sensitive side."

Always wary of possible anti-Iraqi forces and with the responsibility of protecting his Soldiers and the local population, Fitzgerald also kept a sharp eye to the perimeter, where his M1114 up-armored gun trucks provided security for the site.

Meanwhile, Iraqi soldiers, aided by their American counterparts, continued to distribute the supplies to the grateful Iraqis. An Iraqi farmer, whose children were seen stockpiling school supplies, told the Iraqi army sergeant, "the village welcomes you. We are delighted and thrilled to see our Iraqi army with the U.S./coalition forces.

We are extremely grateful for the gesture of helping the needy."

The nod of approval that was seen on many of the parents' faces in the crowd confirmed the farmer's sentiments. Although the children were overjoyed at receiving the school supplies, the Iraqi army soldiers seemed happier handing out the supplies and were delighted to be seen by their countrymen in a favorable light.



Photo by Sgt. Glen Brink, 2nd Sqdn., 9th Cav  
*Soldiers from Bulldog Troop, 2nd Squadron, 9th Cavalry, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, and their Iraqi army counterparts distribute toys, clothes and school supplies during a humanitarian mission April 5.*

With the humanitarian supplies exhausted and mission accomplished, Fitzgerald expertly led his patrol back to the forward operating base as the children waved goodbye. The next day would bring more route clearance and area security missions for the scouts of Bulldog Troop and their partnered Iraqi Soldiers, but assisting the local population with humanitarian aid helps in the fight to win the hearts and minds of the Iraqi people.



# COMMUNITY

## Combatives program ...

# Expert fighters offer experience to troops

by Spc. Courtney Pace  
2nd Brigade Combat Team

The Modern Army Combatives program at Fort Carson not only trains Soldiers for unarmed combat, but also gives those going through the courses access to professional Brazilian Jiu-Jitsu fighters.

For one certification class, the Soldiers underwent the training alongside Ricardo "Franjinha" Miller, a black belt and founder of Paragon Brazilian Jiu-Jitsu, and Aurelio Gallegos Jr., a purple belt and Paragon Brazilian Jiu-Jitsu instructor and competitor.

Miller and Gallegos run academies in California and Texas respectively and came to Fort Carson to become certified in the Modern Army Combatives program.

Staff Sgt. Keoki Smythe, noncommissioned officer in charge of the Modern Army Combatives program at Fort Carson, said it's great to have professionals come through the course and bring their energy to it.

"They (Soldiers) really pay attention to the information and really try to grasp what we're telling them," Smythe said.

He said having people with a purple belt and a black belt go through the course helps the Soldiers as they provide living proof of how further training can pay off.

"They expressed feelings to go through the class as Soldiers so they could fully understand the program," Smythe said. "We didn't tell the class they were a purple and black belt, but it became apparent that they had some experience."

Smythe said he hopes to bring other professional Brazilian Jiu-Jitsu fighters to Fort Carson to help with the program. As an instructor, Smythe said it was an honor to have Gallegos and Miller come to the course.

"I was very honored they wanted to come out and see what the Army was doing and how they want to make us (Soldiers) better fighters," he said.

In the long-term, Smythe said he wants more professionals to come to Fort Carson where they can have a permanent home in his program here.

"Hopefully, we can find a home where Soldiers can find us to get the training they need," he said. "Once that's done, (we can) create a team to fight in the All-Army Combatives Tournament at Fort Benning, Ga., to represent Fort Carson."

Matt Larsen, director of the Modern Army Combatives program, said the Army as America's warriors should receive the best training in everything they can, from nutrition to fighting.

"It's important to remember the Soldiers are the real experts in fighting," Larsen said.

Soldiers as experts are able to translate what the experts know and make it compatible with completing missions and other Soldier tasks.

Larsen said it's good to have the experts there, especially ones such as Miller and Gallegos, who are fighters and willingly go through what the Soldiers are going through themselves.

"The combatives system feeds from the knowledge of these guys, but the Modern Army Combatives system is like a blueprint to train units," Larsen said.

As training units and leading Soldiers is what Soldiers do best, Larsen said he thinks every Soldier has to be a warrior.

"The combatives program is really about changing the culture of the Army," he said.



Ricardo Miller, right, and Aurelio Gallegos Jr., both professional civilian fighters, underwent training at the Modern Army Combatives Level 1 course at Fort Carson.

Since the term noncombat military occupational specialty doesn't really apply in today's combat environment, Larsen said, everyone needs to know how to defend themselves against any opponent.

That is why the program is gender neutral, Larsen said, because a 115-pound female isn't going to only be fighting a 115-pound female in a real-life fight.

"You have to fight whoever you come across," he said.

Miller and Gallegos are willing to give their expertise to help train Soldiers. "I want to help these guys to prepare to be confident in combat," Miller said. "The program helps keep them in shape and confident. The program is more than just Brazilian Jiu-Jitsu."

Miller said he wants to get more involved with helping the Army train Soldiers and become Level 4 certified himself.

"I'm very proud to be here to help Americans," Miller said. "It was a very emotional day to see Soldiers who came from Iraq. I want to contribute my part to make the world a better place."

The certification course wasn't difficult for Miller, but he said it was interesting to see how Smythe taught the course.

Miller said Smythe and the other instructors teach the course how it should be taught, in sequences. He said they explain the techniques clearly and give the basic steps that Soldiers can build upon.

"You need to start with the basics to get a good foundation," Miller said.

Miller said if he has a chance to work with the Modern Army Combatives program he is more than willing to do so.

"I love challenges," he said. "A lot of my life is based on challenges. I think I can help a lot."

Miller said the program is solid and will continue to improve as new techniques are created.

"Life is experience and this was a very good experience to me," Miller said.

He said the instructors here at Fort Carson are very well trained and offer Soldiers a program that can get them in shape while teaching them how to

defend themselves in combat.

"You never know when it could save your life," Miller said.

Gallegos, who trained under Miller, said 95 percent of fights end up on the ground, which will give Soldiers the advantage when they take someone to the ground.

"I think it's the best self-defense system out there because it's realistic," he said.

Gallegos said he believes Brazilian Jiu-Jitsu is a more humane way of restraining someone than just striking someone in the face.

"Smythe teaches the basics, the roots, that I believe everyone going into combat should know," Gallegos said. "If your gun jams, are you going to fix the gun or fight?"

Gallegos said Brazilian Jiu-Jitsu and the combatives program provides females with the best self-defense techniques against possible attackers. Since rapists and other predators try to get females on their stomachs or backs, that will play right into the females' combatives technique as they are trained to fight from their backs and stomachs.

For Gallegos, he said the certification course was a lot of review for him, but he learned the reality of how to use it.

"I realize why I do Brazilian Jiu-Jitsu," he said. "It's not just a sport, it's a martial art."

Gallegos said it's good of the Army to take care of their Soldiers and give them the best martial arts training in the world.

"I believe what they're doing here is phenomenal," Gallegos said.

Females do not come to the combatives courses in the numbers males do, but Gallegos said he believes 100 percent should take an interest in learning the techniques.

"It should be a requirement," Gallegos said.

"The leaders should recommend all females take combatives. Not just for combat, but for life outside."

The program allowed Gallegos to learn the Army's way of combative instruction, which is what

# Community briefs

## Miscellaneous

**Month of the Military Child family bash** — A celebration for the Month of the Military Child will be held April 21 beginning at 5:30 p.m. at the Youth Center, bldg 5950, Ware Street. Buy your tickets in advance for \$2 from the Youth Center or pay \$3 at the door. Children under 2 are free. There will be food, face painting, line dancing, a limbo contest and games. The event is sponsored by the Fort Carson Youth Services and Torch Club.

**Pikes Peak Earth Day** — The Pikes Peak region hosts its first Earth Day celebration April 22 from 1-7 p.m. at Palmer High School, 301 North Nevada Ave. Admission is free. There are children's activities and workshops; adult workshops on Xeriscaping, alternative fuels and more; gourmet food; and prize giveaways. For more information call 471-0910, ext. 102.

**Fountain Creek Nature Center's Earth Day celebration** — Fountain Creek Nature Center presents an Earth Day celebration April 22 from 9 a.m.-1 p.m. Scheduled events include a solar cooking demonstration and bird-banding research station, both from 9-11 a.m. Cost is \$3 per person. For details call 520-6745.

**Mother's Day message board** — Stars and Stripes, the daily newspaper for the U.S. military, will host a free Mother's Day message posting service online at [Stripes.com](http://Stripes.com) through April 24. Messages submitted by the April 24 deadline will be published in all editions of the newspaper and will be viewable online at [Stripes.com](http://Stripes.com) beginning May 13.

To send a free greeting, which may include a photo, visitors may go to [www.stripes.com](http://www.stripes.com) and click on the "Mother's Day" link.

Only messages received online and in English will be published.

**Fort Carson blood drive** — Bonfils Blood Center hosts a community blood drive April 20 from 10 a.m.-3 p.m. at the Elkhorn Conference Center. There will be free pizza for donors. Call (800) 750-4483, option 1, for information or to schedule an appointment. Appointments are preferred, but walk-ins are welcome.

**Head Start seeks volunteers** — Community Partnership for Child Development/Head Start needs bilingual volunteers fluent in English and Spanish to assist with Head Start enrollment events through August. Volunteers will escort Spanish speaking families through the enrollment event, assisting parents with paperwork, ensuring their questions are answered and assisting children as they receive free dental and medical exams. Events are typically scheduled for afternoons, evenings and weekends, involve four-five hours of volunteer time and are held at locations in Colorado Springs. Call Delberta Uvalle at 635-1536, ext. 276 for event dates, times and locations.

Community Partnership for Child Development/Head Start is also looking for volunteers to assist in their Head Start/preschool classrooms. Volunteers help teachers with classrooms activities, read books, play games, help with outdoor play and spend one-on-one time with preschool aged children. There are a variety of locations, schedules are flexible, there is no minimum commitment of hours and training is provided. Even a few hours a week will make an impact in the life of a child. For more information contact Delberta Uvalle at 635-1536, ext. 276.

**Family camp** — Registration for Trailwest Young Life Family Camp, which is open to all active duty service members and their families, begins Monday at 9 a.m. in bldg 1526, the Family Readiness Center, room 223. Registration is on a first-come, first-served basis. For more information call Yolanda Gilson at 526-6917.

**Post Traumatic Stress help** — "LZ Calvary" is a small group Bible study and support group for

veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successively dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jetwing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

**Fountain-Fort Carson School District Eight** — Fountain-Fort Carson School District Eight has openings for food service workers. Apply in person to 11355 Old Pueblo Road, Fountain, or call 382-1334 for details.

**College scholarships** — The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or National Oceanic and Atmospheric Administration. To join ROA, call (800) 809-9448 or go to [www.roa.org](http://www.roa.org). The ROA Reilly Scholarship Program contact is Chandra Oliphant at (800) 809-9448, ext. 730.

**FCOSC/ESCO Spring welfare fund distributions** — Together with the Enlisted Spouses' Club, the Fort Carson Officers' Spouses' Club will distribute charitable monies to nonprofit organizations that directly assist or support Fort Carson Soldiers or their families. FCOSC/ESCO is currently accepting applications for these funds. Following a review and selection process, disbursements will be mailed in late May. To request an application please contact Lee Ann Nelson, FCOSC welfare chairperson, via e-mail at [fc\\_osc@yahoo.com](mailto:fc_osc@yahoo.com) or via mail at P.O. Box 12886, Fort Carson, CO 80913. Applications must be postmarked by April 20.

**DMWR/ACS swimming activity for exceptional family members** — Fort Carson's Directorate of Morale, Welfare and Recreation, in partnership with Army Community Service's Exceptional Family Member Program, is having a swim activity for exceptional family members at the post indoor pool, bldg 1446, April 26 from 6-8 p.m. This is free to DMWR annual family pass holders and \$4 per family for those without a family pass. Any exceptional family member wishing to bring their family to this activity must R.S.V.P. no later than 3 p.m. April 19 to EFMP staff at 526-0156/0306/0446. The DMWR contact is Don Armes, aquatics director, at 526-3193.

**Scholarships for military spouses** — The National Military Family Association is accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse — active duty, retired, National Guard, Reserve or survivor — studying toward professional certification or attending a post-secondary or graduate school is encouraged to apply.

Scholarships, normally in the amount of \$1,000, may be used for tuition, fees, books and school room and board. Applications can be found at [www.nmfa.org/scholarships2006](http://www.nmfa.org/scholarships2006). Applications will only be accepted online and must be submitted by midnight April 15. The number of scholarships each year varies.

**Adoption fair** — An adoption fair, sponsored by the Peterson, Schriever and the United States Air Force Academy Family Support Centers and Fort Carson Army Community Service, will be held April 18 from 8 a.m.-1 p.m. at the Armed Services YMCA,



**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

Military spouses...stand tall, stand proud...we salute you, you are truly our unsung heroes.

## Military Spouse Appreciation Day

### Tuesday, 9 May

### 10:00 a.m. to 2:00 p.m.

### Armed Services YMCA

2190 Jet Wing Dr., beside Sierra High School

Join us for **FREE** Hair Cuts, Cooking on a Budget, Massages, Fashion Show, Lunch, Crafts and Much More! Limited childcare available. Call (719) 622-9622 for reservations



*"All of us are special, but some of us are exceptional"*

### EFMP Swim Night

### Wednesday, April 26

### 6:00P.M. to 8:00P.M.

### Indoor Pool, Bldg 1446

(Located on the corner of Nelson Blvd & Specker Ave)

**\$4.00 per family / Free for DMWR Family Pass holders**

For more information or to register your family, call (719) 526-4590.

Registration deadline is Wednesday, April 19.

All families attending must pre-register.

*\*\*This event is open to all EFMP enrolled or qualified families\*\**

2190 Jetwing Drive in Colorado Springs. The fair will cover the following topics: local and infant open adoption; foster adoption; interstate adoptions; international adoptions services; financial/military information; and an adoptive parent forum. Registration deadline is Friday. For more information and registration call Peterson at 556-6141; Schriever at 567-3920; the Air Force Academy at 333-3444; or Fort Carson ACS at 526-4590.

**Post fitness center hours** — Post fitness centers' hours have been adjusted. Hours of operation include:

- Forrest Fitness Center, bldg 1843 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

- Garcia Physical Fitness Center, bldg 1856 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

- Waller Physical Fitness Center, bldg 2357 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 3-10 p.m.

- McKibben Physical Fitness Center, bldg 1160 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 6 a.m.-3 p.m.

**Modern Army Combatives Program** — Fort Carson Soldiers and family members can learn combatives from 6-8 a.m. or 6-8 p.m. Monday-Friday. For more information including meeting locations call Capt. Shawn Wray at 330-8305.

**Alcoholics Anonymous** — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

**Claims against the estate** — Anyone having claims against or indebtedness to the estate of Pfc. Jesse A. Gabbard, deceased, should contact 2nd Lt. Jared W. Souder at 330-3547.

- Anyone having claims against or indebtedness to the estate of Master Sgt. Kevin Snyder, deceased, should contact Capt. Edward Williams at 524-1526.



## Till debt do us part?

# 5 financial issues couples need to address before tying the knot

by Karen Linne

Public Affairs Office

Are you on the verge of saying “I do”? Wedding season is right around the corner and one in 62 Americans will get married this year, vowing to share their lives before family and friends. And for better or worse, that means they’ll be sharing finances, too.

Patricia Randle, Fort Carson Army Community Service, Financial Readiness Program manager, said soon-to-be newlyweds need to have thorough discussions about their individual finances before combining them.

“We talk about everything but money during courtship,” Randle said. “But the question is: Do you marry your partner’s debt? The answer is: Yes, you do.”

“It is best to tackle these money issues before marriage,” said Mike Sullivan, director of education for Take Charge America, a nonprofit credit counseling company. “Lay it all out and come

up with a plan that fits both of your lifestyles.”

The latest statistics show nearly 40 percent (3.7 per 1,000 in the year ending Nov. 30, 2004, according to the National Center for Health Statistics) of all marriages end in divorce. One of the major culprits: money problems.

Sullivan said prevention is the key, when it comes to marriage and money. Here are five issues couples need to discuss before walking down the aisle:

- Lay it all out — literally. Gather your financial records, bank statements, tax returns and credit reports to share with your partner, and vice versa. Explain what each of you owes and how much you have stashed away for retirement and other expenses. If either of you has \$100,000 in student loans or didn’t file your tax return, this is the time to come clean. You can obtain a free credit report by calling (877) 322-8228, or by logging onto [www.annualcreditreport.com](http://www.annualcreditreport.com), or writing to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281. Cross check your report to ensure the information is accurate.

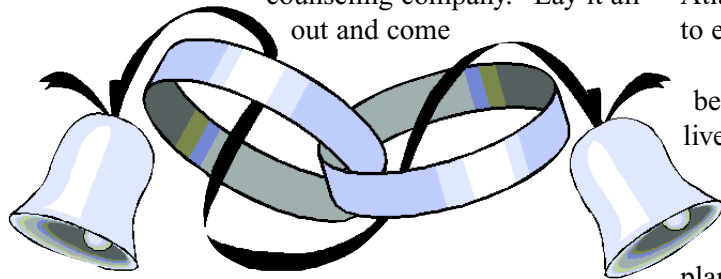
- Define your goals — Where do you want to be in five, 10 and 20 years? Discuss where you will live, career plans, children and traveling. Are you a city dweller or country lover? Where do you want to raise children or retire? How much money will it take to achieve these goals and how do you plan to earn that money? If you or your future spouse

has debt problems, see a credit counselor or financial advisor about the best plan of attack to get out of debt and achieve your financial goals.

- Dividing it up — Who will pay for what? Every situation is unique and there isn’t one “right” way. There are basically three options: combine both of your accounts, keep them separate or contribute an equal percentage of your income into a joint account while also maintaining separate accounts for personal use. Decide who will be responsible for daily purchases, paying off debts and larger investments. Make sure you each have some “walk around” money. If there is only one bread winner, ensure you agree on access to and spending of money.

- Create a budget and bill-paying system Once you decide how to split your finances, decide how much money you will allocate toward bills, debts, investments, children, vehicles, entertainment and other expenses. Who will be in charge of mailing bills, signing checks and monitoring accounts? If you need to stray from the budget make sure you check with your spouse first.

Army Community Service offers budget counseling free of charge to service members and their families. Budget counseling allows clients to meet with a financial counselor and discuss the management of their personal finances. A counselor develops a



## God's word resurrects misguided soul

**Commentary by Chap. (Capt.)**

**S. Joseph Park**

*68th Corps Support Battalion*

In Ezekiel 37:1-10, God led the Prophet Ezekiel by His Spirit and set him in the middle of a valley. The valley had no trees or grass.

The barren valley was full of bones. The sight of the lifeless bones must have been shocking to Ezekiel.

Then the Lord said,  
"Ezekiel, prophesy to the breath.

Command it to enter these slain, and let them live." So Ezekiel proclaimed what the Lord said to him, "Come from the four winds, O breath, and breathe into these slain, that they may live."

Amazingly, breath entered them. The dry bones jumped to life and stood on their feet

form-

ing a vast army. The Lord showed Ezekiel the miracle of the dead rising to life.

I was born in Korea. My parents believed in Confucianism. They worshiped our ancestors. When my mother had an important decision, she would visit a psychic. My father offered a sacrifice to spirits for the prosperity of his business. I visited church a few times to get some snacks and food at Easter and Christmas.

I did well in school. I tried my best to improve myself and to receive recognition from my parents and other people. But this could not help me to overcome my inner fear and restlessness.

When I was a freshman in high school, my father died of kidney failure. My father's sudden death made me pessimistic and very rebellious. I drank alcohol and smoked in attempt to find happiness. Also, I enjoyed my flesh desires by seeing dirty magazines and hunting for girls.

Outwardly I always was happy and positive. But inwardly my heart was lonely, dark and empty. My life was lifeless like the dry bones in the dark valley. I wanted to escape from this kind of empty and lifeless life.

I thought I could help myself by entering a good college. But I could not find anything that I expected in college. So I joined the South Korean Army expecting something through the severe physical trainings. However, I became more helpless and hopeless person in the army.

When I was discharged from the compulsory

military service, I was invited to a Bible study by a campus minister. At first, I was very reluctant to go.

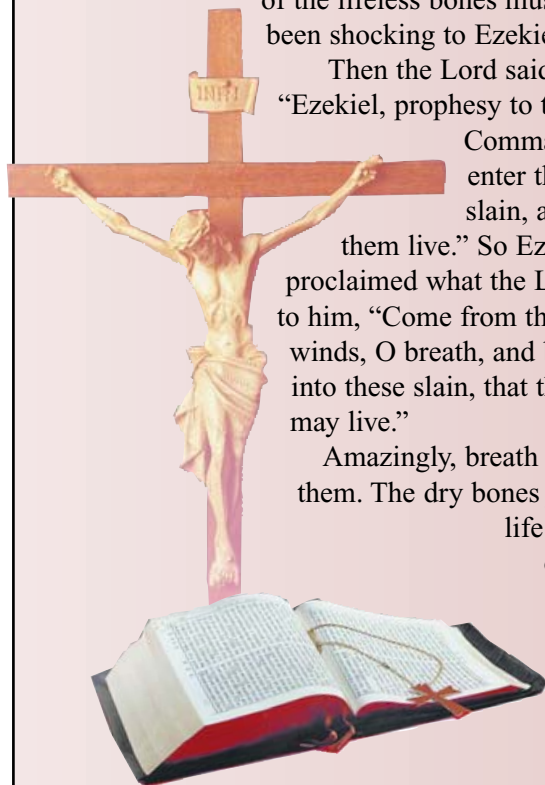
Surprisingly I began to enjoy the Bible study very much. The Word of God taught me about the purpose and meaning of my existence on this earth. It was truly amazing how God opened my spiritual eyes at the time I began Bible study. It seemed as if I could have never understood the Bible.

I began to experience a life-changing work of God in my life through the Bible study. Gradually I came to know Jesus personally who came to heal the sick and call sinners back to the kingdom of God through His death and resurrection. The Word of God got me out of the dark valley of the dry bones and made me a very energetic and joyful man.

We see dead grass under a stone during winter. However, when we move the stone away in the spring, the dead grass turns green, and grows well in a few days.

My life was full of darkness and emptiness. However, the Word of God brought light and life into my life.

The Word of God set me free from the bondage of inner fear and restlessness. The Word of God is the source of the divine life that revives our lives of dry bones and fills us with the divine resurrected life.





## Chapel

### Easter service — Fort Carson's Easter Sunrise

Service will be held Sunday at 7 a.m. at the Ironhorse Park amphitheater. In case of inclement weather, the event will be held at Soldiers' Memorial Chapel, bldg 1500. A continental breakfast will be available at Soldiers' Memorial Chapel immediately following the worship service. Guest speaker is 7th Infantry Division Chap. (Col.) Steven Barry. Dress warm and bring your own blanket.

### Special Catholic services —

Holy Thursday, today, 7 p.m. at Soldiers' Memorial Chapel; Good Friday, Friday, 7 p.m. at Soldiers' Memorial Chapel; Holy Saturday, Saturday, 8 p.m. at Soldiers' Memorial Chapel; Easter Sunday, Sunday, 9:15 a.m. at Soldiers' Memorial Chapel. There will be no 11 a.m. Mass at Provider Chapel Sunday.

**The Living Last Supper** — There will be a performance of the "Living Last Supper" play today at 7 p.m. at Prussman Chapel, bldg 1850. Actors portray disciples depicted in the Last Supper in this production. The performance is free.

**Calling all volunteers** — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

**Youth program invites sixth-12 graders** — The chapel youth program invites all sixth-12th grade military youths to Soldiers' Memorial Chapel Sundays from 4-5:30 p.m. Individual programs are offered for grades six-eight and nine-12.

The program is sponsored by the Fort Carson Protestant and Catholic congregations.

For more information call Chap. (Capt.) Rick Cantrell.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zust/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

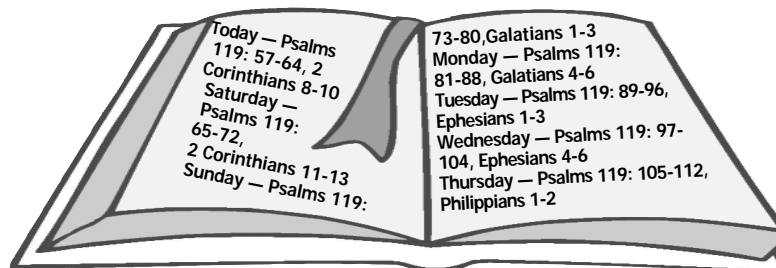
### WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



## The Army Cycle of Prayer

Each week the Office of the Army Chief of Chaplains highlights Army units, the Army at large, the nation and religious organizations to focus prayer. This week's Army Cycle of Prayer was unavailable at press time.

## Persisting drought causes further conservation

**by Susan C. Galentine**

*Directorate of Environmental  
Compliance and Management*

Diligence in water conservation is always necessary in Colorado's semi-arid climate and Fort Carson has long been aware of the need to use water resources wisely. Although mountain snowpack this year has improved reservoir water levels, the plains of Colorado are still experiencing dry conditions.

Since drought conditions began in 2002, according to the Directorate of Public Works, residents and workers have significantly helped reduce Fort Carson's water use. From fiscal 2000 (pre-drought) to fiscal 2005, water use was reduced by 495,985,000 gallons or 44.5 percent.

The installation is also stepping up its efforts and finding new ways to reduce water use. One initiative researched and proposed by Brad McColery, irrigation lead for the post operations and maintenance contractor, has now been adopted Armywide.

McColery suggested the DPW

when there is enough precipitation, automatically prevent the sprinkler systems from turning on. These simple, inexpensive devices were installed at 89 automated irrigation systems between the summer and start of winter in 2005.

The rain sensors, in conjunction with adopting a 20-minute interval watering schedule to allow for better moisture absorption and avoid water runoff, has already yielded significant savings in the first year. The initiative, which required only a \$9,000 investment in units and associated labor, saved Fort Carson an estimated 40 million gallons of water and \$108,000 in water purchase costs in fiscal 2005, according to Vince Guthrie, DPW utilities program manager.

People living and working on Fort Carson remain a crucial piece of the conservation puzzle. Simple indoor and outdoor conservation tips go along way in reducing overall water use:

- Take showers instead of baths. When showering be aware of how long the shower lasts. Reducing a shower from eight to five minutes, according

Approximately five gallons of water are used per flush.

- Don't let the water run while washing dishes, shaving and brushing teeth

Outdoor lawn care makes up a large percentage of water use during summer months. It is best to water lawns only as needed and when it demonstrates a need (starts to wilt). The best time to water lawns is in the morning because there is less evaporation. Also, avoid watering in the evening, which can lead to fungal diseases in the lawn.

Lawns require no more than two-to-three waterings per week. The root systems become

moisture absorption.

For more information about how to



Photo courtesy Brad McColery  
Travis Todd, post operations and maintenance irrigation team, installs a rain sensor on one of Fort Carson's automated irrigation systems.

## Combatives

From Page 11

he wanted as he wants to help the program and not change it.

Gallegos, like Miller, is going to become Level 4 certified and continue to help Soldiers who come to his academy because he believes in giving back to the community. "A black belt is a white belt that never gives up," he said.

Joe Fox, a retired sergeant first class and volunteer instructor, said it is good to feature professionals throughout the program.

"I think that it brings added credibility to the Fort Carson program as well as to what the Army is trying to accomplish with the program," Fox said.

Fox said it also brought credibility to the instructors because they know that what they learned from Smythe when they went through the course is on par with what is being taught in the world of Brazilian Jiu-Jitsu.

"The techniques we've learned and are teaching work in combat and sport Brazilian Jiu-Jitsu situations," Fox said. "They solidify that what we learned is correct."

Staff Sgt. Brian Smith, a military policeman with the 1395th Transportation Terminal Brigade Reserve unit out of Seattle, said it was great to work with the professionals.

"They're not here to tap out anybody," he said. "They have no egos."

Smith also said the instructors themselves are very passionate about what they do and care about the Soldiers they train.

Sgt. Jennifer Duffey, a military police officer with the 984th Military Police Company, 759th Military Police Battalion, said she found the experience with Gallegos and Miller to be very educational.

"It's very helpful with my combat mission and my law enforcement mission as an MP," she said. "I think it's very important for every Soldier to have as a skill."

Duffey said more females should take an interest, as it is something that has given her practical skills and more confidence.

"It builds confidence," she said. "When you have these skills, I think it makes you a better Soldier."

Duffey said Gallegos and Miller didn't go light on her because she is a female and helped her learn to think through the movements so the next time she was in that position she would know what to do.

"It definitely adds interest," she said of having Gallegos and Miller go through the course. "It's a motivator to have that because this entire time no one has been told who they are but it's kept our interest."

Overall, Duffey said she wants to take what she learned back to her unit and try to concentrate on helping the females become more comfortable with it.

"Hopefully, the combatives instructors in my unit will come together to build a really strong program for our unit," she said.

For more information on the Modern Army Combatives program here call Staff Sgt. Keoki Smythe at 360-7378 or e-mail him at [keoki.smythe@us.army.mil](mailto:keoki.smythe@us.army.mil).

## Debt

From Page 13

financial analysis to determine the household's monthly living expenses and establish a budget, emphasizing managing personal finances and tracking spending habits. ACS also offers assistance in bankruptcy counseling, purchasing an automobile, repaying creditors and financial planning assistance. To schedule an appointment call 526-4590.

• **Keep communicating** — You should re-evaluate your financial state every three months. Track your progress and decide whether you need to adjust monthly payments or redirect a portion of your finances. Keep each other in the loop to minimize unwanted surprises and arguments. If you find you're already in over your head financially, ACS also offers a debt management program. The following are some potential danger signs:

- More than 20 percent of your take-home pay is used for credit payments (excluding home mortgage)
- You have one or more loans from a lending company(ies) at 20 percent or more interest rate.
- You screen your telephone calls because bill collectors are calling frequently.
- You routinely use your overdraft protection.
- You use credit cards impulsively.
- You do not pay your bills on time.
- You pay only the minimum amount on your charge accounts each month.
- The use of advance check cashing and pay-day loans are part of your regular budget plan.
- Your car loan is financed at 12 percent or more interest.

ACS will offer a "Your Money or Your Life" seminar Sept. 21 at 9 a.m. at the Elkhorn Conference Center. Laura Udis, administrator for the Colorado Uniform Consumer Credit Code, and Brent Neiser, National Endowment for Financial Education, will be on hand to answer questions. Call 526-4590 for details.



# Evans makes changes in preparation for troop expansion

*Evans Army Community Hospital*

In preparation for the continued growth on Fort Carson as transformation and realignment continues, the Evans Army Community Hospital Department of Primary Care is undergoing significant reorganization to provide better access, continuity and service to our beneficiaries. Based on the success at the new Robinson Family Medicine Clinic where Soldiers and family members from 10th Special Forces Group and 43rd Area Support Group have been receiving care since December 2005, we have elected to expand this model to the entire Fort Carson community.

Evans will be providing comprehensive outpatient care in three outlying Family Medicine Clinics in addition to the Family Medicine Clinic within the hospital. All four clinics are state-of-the art primary care clinics with their own pharmacy, laboratory, immunization clinic and procedure suites. As a clinic dedicated exclusively to primary care for Soldiers and family members, each of these clinics provides an ideal setting for personalized, convenient care.

The health care staff from Evans will be distributed and matched to enrolled beneficiaries and clinic capacity. These clinics are fully staffed with board certified family physicians, nurse practitioners and physician assistants, in addition to highly trained and experienced civilian and military nursing staff and medics.

Soldiers and their family members will be assigned to individual providers, according to their unit of assignment. In general, Soldiers will be

assigned to their battalion provider when one is present and family members will be assigned to a provider from the Medical Department Activity at the same clinic.

MEDDAC providers are fully trained and credentialed to provide care for all ages, male and female. In addition to providing family care, the clinic officer in charge will act as a surrogate surgeon in support of units who do not have an organic surgeon assigned.

Together these providers will be your exclusive family providers capable of:

- Sick call by appointment
- Physicals for routine military requirements, school, sports, jobs, and annual wellness exams
- Pediatric care including well baby visits and immunizations
- Managing acute minor illnesses or injuries for family as well as service members
- Managing chronic medical conditions such as hypertension, diabetes, high cholesterol and arthritis



- Conducting outpatient procedures such as skin biopsies, vasectomies, colposcopies
- Obstetrical care

In addition to the Evans Family Medicine Clinic, family care for 10th SFG and 43rd ASG Soldiers and family members is already taking place at Robinson Family Medicine Clinic (across the street from the

## Evans

From Page 20

MEDDAC) and has been well received. DiRaimondo Family Medicine Clinic began family care for the Soldiers and family members of 3rd Heavy Brigade Combat Team, Space Command, Veterinary Command and Dental Activity March 1. Of note, 2nd BCT Soldiers will continue to receive care at DiRaimondo until the Mountain Warrior Family Medicine Clinic opens May 1. Once Warrior Clinic opens, Soldiers and family members from 2nd BCT and United States Army Garrison will receive their care in this new facility. All remaining units including 3rd Armored Cavalry Regiment and their family members will receive care in the Evans Family Medicine Clinic.

Retirees, family members of retirees, as well as TRICARE-Plus beneficiaries will be assigned as capacity allows at each of the four clinics. Evans' intent is to minimize changes in current beneficiary assignments whenever possible, so most retired beneficiaries will continue to receive care from their current provider potentially within a different clinic. However, there will be some unavoidable exceptions.

With the exception of a few

patients already reassigned from the Internal Medicine Clinic, only those beneficiaries currently assigned to the Evans Family Medicine Service or the Troop Medical Clinics will be reassigned according to this plan.

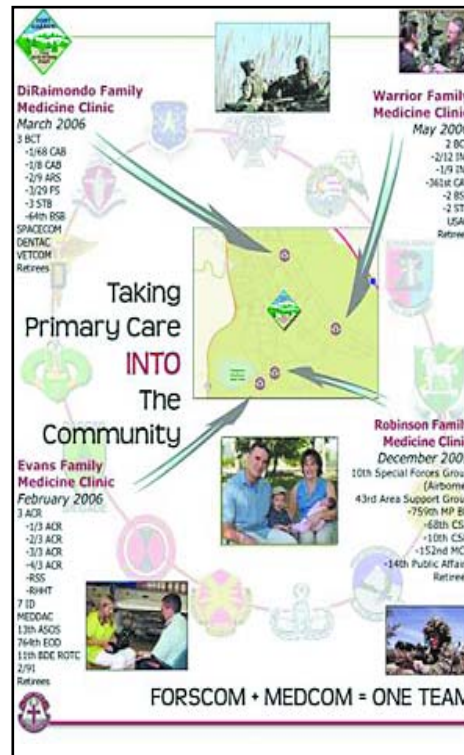
Beneficiaries currently assigned in Pediatrics or Internal Medicine will not be reassigned. Women already receiving obstetrical care in the OB clinic will have their primary care manager reassigned according to this plan, but their pregnancy related care will continue in the OB clinic through delivery. If a family member is not satisfied with this reassignment plan, he or she will be afforded the opportunity to request reassignment through the TRICARE Service Center located on the first floor of Evans Army Community Hospital. If a family member currently assigned in the Pediatrics Clinic or Internal Medicine Clinic would like to be enrolled at one of the Family Medicine Clinics, he or she can also request this change through the TRICARE Service Center. Beneficiaries who will be reassigned will receive a letter identifying their specific Primary Care Manager and the clinic to which they will be assigned

within the next month.

Although there will undoubtedly be some growing pains with the implementation of this change, EACH staff members are confident that quality and access to healthcare will improve substantially; and that beneficiaries will be satisfied with the personalized care available at each of these clinical settings.

For more information call 526-7226.

Watch upcoming editions of the *Mountaineer* for more on Evans' changes.



## Citizen Soldier Connection kicks off

*Public Affairs Office*

Maj. Gen. Robert W. Mixon Jr., commanding general, 7th Infantry Division and Fort Carson, will conduct a press conference today at 11 a.m. near the Kit Carson statue (just outside Gate 1) to announce the formation of the Citizen Soldier Connection.

The mission of the Citizen Soldier Connection is to connect Soldiers and their families with volunteer citizens in the community for the purpose of providing a local support network for Soldiers and their families.

For more information on the Citizen Soldier Connection go to [www.citizensoldierconnection.org](http://www.citizensoldierconnection.org) or call (719) 667-2883.

Got a story idea?

Tell **Mountaineer** staff about your training or community event.

Call 526-4144/1241 or e-mail:

[Mountaineereditor@carson.army.mil](mailto:Mountaineereditor@carson.army.mil).



# TRICARE launches healthy choices for life programs

## TRICARE Management Activity

Take care of your body, and it will take care of you. In today's fast-paced world, that is getting harder to do. Being overweight, using tobacco products and excessive drinking goes against this adage and can cause serious health problems and possibly early death. The military community is not immune to the health issues these activities can cause.

TRICARE Management Activity, the Department of Defense agency responsible for the health care of 9.2 million beneficiaries, has created two demonstration projects and one pilot program to test multiple education and prevention initiatives to help service members and their families battle the dangerous effects of obesity, tobacco use and excessive drinking.

TRICARE plans to launch weight management, tobacco cessation and alcohol programs within the coming months. These projects will involve service members and their families who volunteer to participate.

"Weight management, tobacco cessation and the responsible use of alcohol are health priorities targeted by the Department of Defense for active education and prevention," said Dr. William Winkenwerder Jr., assistant secretary of Defense for Health Affairs and director of TRICARE.

The demonstration projects and pilot program will span three years and the sole pilot program will cover two years from startup. They will help identify

ways to deliver the best possible benefit for TRICARE beneficiaries.

Demonstration programs or pilot project participation criteria:

Weight management demo project includes: nonactive duty TRICARE prime beneficiaries ages 18 to 64 not receiving Medicare or enrolled in the TRICARE extended care health option and living within 50 miles of the research centers in Ohio, Michigan, Indiana and Illinois

Tobacco quit-line demo project will include: TRICARE Prime beneficiaries ages 18 to 64 not receiving Medicare or enrolled in the extended care health option and living near military treatment facilities in Colorado, Kansas, Missouri and Minnesota

Alcohol prevention pilot program: active duty service members

ages 21 to 25 assigned to the following installations; Hurlburt Air Field, Fla., Fort Bliss, Texas, Fort Sill, Okla., Norfolk Naval Base, Va., Naval Base Ventura County, Calif., Cherry Point Marine Corps Air Station, S.C., and Camp Pendleton, Calif.

The demonstration projects are scientifically-based studies that will help DoD determine the effectiveness of behavior-modification programs that may be used throughout the military health system.

"Preventing these unhealthy behaviors is critical to the readiness of our forces and the health of our nation as a whole. I am pleased by the successful programs already in place in the military services and the innovative approaches to prevention, education and treatment that TRICARE is pursuing for their families,"

Winkenwerder said.

For more information about the demo projects launch dates, visit TRICARE's Web site at

[www.tricare.osd.mil/healthychoices](http://www.tricare.osd.mil/healthychoices).





# Eggsperience the fun



Children joke with one of the many entertainers who performed during the annual "eggsperience" and egg hunt at the Special Events Center.



A young girl tries to fish out a toy in one of the small inflatable pools set up during the "eggsperience."



A puppet show is performed for children during the "eggsperience."

Layout by Jeanne Mazerall



A young girl finds a specially marked plastic egg during an egg hunt on the baseball field located just outside the Special Events Center. Children were able to turn in their found egg for a goody bag filled with candy.



A ventriloquist and his dummy entertain children during one of the many performances throughout the day.

## Public Affairs Office

The Easter bunny was spotted on the Mountain Post.

Soldiers and family members packed into the Special Events Center Saturday for the annual "Eggsperience" egg hunt and information fair. There were roughly 5,000 people who attended the fair, said Ann Edinger, director of special events for the directorate of community activities.

Throughout the day, guests had the opportunity to visit various agencies of Fort Carson to obtain information about upcoming events at the Mountain Post. Army Community Services, Red Cross, the Boy Scouts, Evans Army Community Hospital and the Child and Youth Services were among a handful of those agencies in attendance.

Meanwhile, children were able to enjoy many activities that were spread throughout the events center. There were live shows performed during the fair on the center stage and smaller shows, such as a puppet show, at other locations inside.

Outside, children participated in an egg hunt and games such as egg tossing and egg relay races.



Children create their own "egg plant" during the annual Eggsperience at the Fort Carson Special Events Center Saturday.



Children jump on one of several bouncy castles at the "eggsperience."

A circus clown entertains an audience on the center stage at the Special Events Center.



Photos by Heather McCann, MWR Marketing



# Housing to conduct survey

by Dean Quaranta  
Directorate of Public Works

During the second half of April, Fort Carson Family Housing residents will be receiving a “Headquarters, Department of Army Resident Assessment Survey” postcard. Last year Fort Carson Family Housing residents completed a paper survey but this year residents will complete a Web-based version of the survey. This is an official U. S. Army Survey. On behalf of the U. S. Army, the Military Housing and Lodging Institute and Educational Benchmarking, Inc. will mail a blue postcard to all residents with the Web site address for post residents survey. The survey software is easy to use and the answers are strictly confidential so we urge residents to offer honest responses. We will not be tabulating any personal data, and the survey in no way identifies the residents or the residence’s housing unit he or she currently occupies.

This survey is also being distributed via the Web to two other locations and being mailed to other installations participating in the Residential Communities Initiative housing privatization program. Your input is very important and will allow us to focus scarce resources in the right places. Please take the time to visit the Web-based survey. If you do not have access to the Internet, please contact Fort Carson Family

Housing at The Colorado Inn (bldg 7301) for a survey package.

a. What is RCI? RCI is a Department of the Army program designed to enhance the quality of life for service members and their families by improving the existing on-post family housing conditions, eliminating any housing shortages and improving neighborhood “amenities” (i.e., playgrounds, outdoor athletic courts, walking/running trails, etc.).

b. How will it impact you? The goal of the program is to positively impact your quality of life as a resident at Fort Carson. This should translate into more frequent renovations, perhaps the construction of new houses and more neighborhood amenities.

c. How can you influence the results? Your input through this survey will be used to help us to make better decisions on how we spend our limited housing dollars and will help guide our future commercial partners in providing the services and the facilities that are important to you.

Answers are strictly confidential, and we need your frank responses. We are not tabulating any personal data, and your survey in no way identifies you or the residence you currently occupy.

For more information about the survey contact Quaranta at [dean.quaranta@carson.army.mil](mailto:dean.quaranta@carson.army.mil) or by calling 526-7573.

## Jump with historic 506th

Public Affairs Office

The 506th Regiment, part of 101st Airborne Division and 2nd Infantry Division history, will host a reunion at the Colorado Springs Sheraton Hotel, 2886 S. Circle Drive May 17-21. The 506th Regimental Dining Out and Currahee Memorial Dinner is May 19, from 7-9 p.m., with Col. David L. Clark, commander of the 1st Bn, 506th Regiment from May 2002-September 2005, as guest speaker. Contact James Nemeth at [jmn15@earthlink.net](mailto:jmn15@earthlink.net) or (970) 215-0669. Registration is \$10 in advance or \$15 at the reunion. The dinner costs \$28 for adults and \$14 for children.

Other 506th events include a regimental picnic May 18 at Ironhorse Park, Fort Carson, from 10 a.m. to 5:30 p.m. A memorial jump will honor the sacrifice for freedom made by Soldiers serving in the 506th Regiment or any unit.

Veterans, family members and the public are invited to participate in a USPA static line or tandem memorial jump at Calhan Airport May 20 from 9 a.m to 6 p.m. Static line or tandem jump with training is \$175. Other jumps are less, depending on the jumper’s USPA training and experience. USPA licensed jumpers are \$22.

Contact Randy Fortner at [randy@coloradoskysports.com](mailto:randy@coloradoskysports.com) or (800) 498-5867 or Lynn Bateman Hedgcock at [Lynn.BatemanHedgcock@qwest.com](mailto:Lynn.BatemanHedgcock@qwest.com) or (720) 979-6515 to reserve a jump or training slot.

A barbecue picnic will be available at the jump event May 20. The picnic meal costs \$12.50.

The 506th Airborne Infantry Regiment’s Web site is [www.506infantry.org](http://www.506infantry.org).

## You can find the *Mountaineer* At These Off Base Locations

**Air Force Recruiting Offices**

**All-in One Drycleaning**  
1605 La Shelle Way

**American Legion Post #38**  
6685 Southmoor Dr.

**Army Recruiting**  
358 Main Street

**Army Recruiting**  
5861 Palmer Park

**Cheyenne Trail Liquors**  
1703 South 8th Street

**China Doll Restaurant**  
3629 Star Ranch Road

**DAV**  
Palmer Park/Peterson Rd.

**Drop Shop**  
7320 S Hwy 85/87

**Falcon Dist 49 Administration**  
Sand Creek High School

**Federal Building**  
1520 E Willamette

**Fountain City Hall**  
106 S Main

**Geico**  
1835 S. Academy Blvd.

**H & H Tires**  
Hwy 85/87

**Independent Records**  
3030 East Platte Avenue

**Kelly O'Briens Sports Bar**  
239 North Academy Blvd.

**Loaf & Jug**  
102 S Santa Fe

**Lockheed Martin**  
By Solos Restaurant

**Mama Trino's Pizzeria**  
1817 South Nevada Avenue

**Off Post Barbers**  
1655 La Shelle Way

**Omni Military Loans**  
2350 S. Academy Blvd.

**Park Paralegal**  
608 South Nevada

**Pikes Peak Comm. College (North)**  
11195 Hwy. 83

**Pikes Peak Comm. College (South)**  
5675 S. Academy Blvd.

**Recruiting Office**  
Cross Road At Citadel

**Retired Enlisted Assn.**  
834 Emery Circle

**Ruby Tuesday's Restraunt**  
1645 N. Newport Road

**Solo's Restraunt**  
1645 N. Newport Road

**Starlight Video**  
490 North Murray Blvd.

**Starlight Video**  
1890 West Colorado

**The Inn @ Garden Plaza**  
2520 International Circle

**The Residence @ Skyway**  
855 Skyway Blvd. #122

**VFW**  
Downtown Pikes Peak

**VFW 3917**  
715 Clearview Dr

**VFW Post 6461**  
753 S Santa Fe

**YMCA Southeast**  
2190 Jetwing Drive

**YMCA-Fountain Valley**  
301 E Iowa Ave



# Community Policing



## Department of the Army Police



**Name:** Officer David Hoky

**Experience:** Officer David Hoky is a retired service member. He has been working at Fort Carson as a Department of the Army policeman since March, 2004. Hoky currently works as a desk sergeant with the Fort Carson Police.

**Quote:** "Pay attention, the life you save may be your own."

## Alutiiq-Wackenhut Security Services



**Name:** Officer Erin Crow

**Experience:** Officer Erin Crow has more than three years of security-related experience and has worked for A-WSS for more than 20 months. He currently serves as a security officer at Fort Carson.

**Quote:** "Truth will always defeat falsehood."

## Military Police



**Name:** Staff Sgt. Derek Glover

**Experience:** Staff Sgt. Derek Glover arrived to Fort Carson in August of 2003. He currently serves as a squad leader in the 984th Military Police Company. Glover has been deployed to Afghanistan in support of Operation Enduring Freedom and Operation Iraqi Freedom. Glover serves the Mountain Post community with law enforcement duties.

**Quote:** "Driving and talking on your cell phone don't mix."





# Out & About

April 15-21, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

**PRESENTS:** 

**3 ON 3 BASKETBALL TOURNAMENT**  
COMING TO AN INSTALLATION NEAR YOU... **NO ENTRY FEE**

**"Bring your game, we'll bring the basketballs"**  
**WIN BIG!** 1<sup>st</sup> Place Team **\$1000** · 2<sup>nd</sup> Place Team **\$500**  
3<sup>rd</sup> Place Team **\$250** · 3 Point Contest · Free Throw Contest

**EVENT ALSO FEATURES:**  
**Hip Hop DJ/EMCEE**  
**Game Zone**  
**Test Drives**  
**\*Scion Slam Custom Car Show**  
"no pre-registration, cash for top 3 cars (personalization · creativity · style)"

**GOT GAME? PROVE IT.**  
DON'T WAIT! TOURNAMENT SPACES ARE LIMITED!  
To register or for specific information log on to:  
**[www.scion.com/scionslam](http://www.scion.com/scionslam)**

\*THERE WILL NOT BE A CAR SHOW AT EVERY INSTALLATION.

Tournament Location: **Fort Carson Special Events Center** Date/Time: **13 April 2006**

The tournament is open to all MWR, MCES & Services authorized patrons (active duty, retired military, reservist, National Guard, DoD civilians and other Department of Defense ID card holders including their spouses and family members). To be an eligible player, service members and family members must be seventeen (17) years and older, family members under 18 require guardian approval. No official Department of Defense Endorsement is implied.





Come enjoy the breathtaking, 18-hole championship golf course, located at 7800 Titus Blvd, near Evans Hospital. Year round golf is available and group and private lessons can be scheduled by calling 719-526-4102. See you on the course!



Join us for lunch at Mulligans Grill,  
**Monday - Friday, 11 a.m. - 2 p.m.**

## Elkhorn

### Catering & Conference Center

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- Award Winning Chef
- BYOF - Bring Your Own Food Options
- Elegantly Accommodates up to 400 guests



## Penrose House at Turkey Creek Ranch

- Beautiful Historic House - Built in 1912
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Call us today for details and reservations:  
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# Glenwood Springs Weekend Getaway!

**May 27th - 29th**

**Price: \$129.00 Per Person**  
*Price based on double occupancy*

**Includes: Two nights lodging and transportation**  
*Lodging upgrades & family rates available while supplies last*



**Build your perfect weekend!**

*Optional activities include: Hot springs pool, Glenwood Caverns, Bike rentals, Shopping and more.*

**To register call:**



**526-5366**





# SPORTS & LEISURE

## WCAP fighters going to gold gloves nationals



World Class Athlete Program assistant boxing coach Charles Leverette has some encouraging words for Christopher Downs after Downs returned to his corner in the first round of his bout Saturday in Commerce City.

Story and photo by Walt Johnson  
Mountaineer staff

Fists were flying and hearts were tested during the 2006 Colorado/New Mexico golden gloves challenge Saturday in Commerce City.

When the fighting was over, three fighters from the World Class Athlete Program, John Franklin, Christopher Downs and Joe Guzman, were winners in the Colorado/New Mexico region and earned the right to fight in the National Golden Gloves tournament which will begin Thursday in Omaha, Neb.

The three fighters joined another member of their group, Aaron Bensinger, who qualified from the Ohio region for the National Golden Gloves in its competition earlier this month. Although the three fighters from this region won Saturday, only Franklin and Guzman will join Bensinger and fight in the national event. Downs has a previous military commitment that will preclude him from participating.

Each of the fighters turned in impressive performances Saturday against the New Mexico fighters. Franklin was first up in the 112-pound class and he said that he knew he wanted to jump on his opponent early. Franklin said he didn't want to give his opponent any thoughts of being able to win the fight and came out fast to establish himself as the better fighter.

"I came out and hit him with a one-two combination and I could see that I hurt him. I

felt it was all over after that. I really wanted to win because now my family can come to Nebraska and watch me fight in the nationals," Franklin said.

Downs, coming off a first round knockout at the U.S. Nationals, almost became a victim of an early knockout himself before dominating his bout. Downs came out fast and had his opponent backing up for the first three-fourths of the first round. Downs was scoring repeatedly and then suddenly his opponent, Jessie Correa, threw a perfect right that caught Downs. It looked like he was going to go to the canvas. Downs held on to complete the round, acknowledging he underestimated his opponent at that point, to earn the easy victory.

"We had a frightening moment when (Correa) landed that punch and almost took out the national champion. We weren't concerned after the scare in the first round but I said to him 'lesson learned' and he just smiled and said 'yes,'" Basheer Abdullah, WCAP head boxing coach said.

Guzman was next in the ring and he dominated his opponent Jason Ash scoring a second-round victory when the referee stopped the bout after Ash was pummeled by Guzman, hit the canvas and was barely able to understand where he was.

"I wanted to get off first tonight and I did. Before the fight I was nervous, like I am before every fight. But I also felt good once the bell rang and I was just wanted to execute the game plan and win the fight," Guzman said.

## Mountaineer High School Sports

### Senior Trojans

Anthony Ribaud, Fountain-Fort Carson High School head basketball coach, says goodbye to two of his seniors Glenn Walker and Ben Valdez, during the team's annual recognition ceremony April 6 at the high school. Both seniors are looking forward to beginning their college careers. Walker will play football in South Dakota while Valdez is still deciding where he will play sports and go to school next year.



Photo by Walt Johnson



## On the Bench

# Lady Mountaineers finalize roster for upcoming season

by Walt Johnson  
*Mountaineer staff*

**The Lady Mountaineers softball team went through its final preseason practice session Saturday and there are 17 women ready to represent the post in Colorado Springs league and tournament action this year.**

Head coach Cathy Satow has a nice mix of youth, experience, power and speed that should help the team be very competitive in this year's softball season. Now that preseason practice is over the team will begin its serious preparations for the upcoming season Monday and Wednesday practice sessions begin at 5:30 p.m. each day for the rest of April, according to Satow.

Satow said she will be looking to get her team ready for the season with the next three weeks of practice and said team cohesion and getting to know each other will be important. She said the players on the team have shown a wonderful capacity to compete and have been anxious to show that they can play well and represent the Mountain Post in a special way.

Satow said if someone wasn't able to make the preseason practices they can still contact her at the softball fields to be considered for a spot on the team. The person would simply need to come to practice on Monday or Wednesday, meet with Satow and see if they can be a part of this year's team.

The current roster of players on this year's team are: Amanda Armijo, Amy Baker, Jennifer Conrad, Monica Figueroa, Maylen Gaspar, Jessica Humphreys, Amy Jenkins, Lisa Lang, Sarah Lund, Tasi Mafue, Dawn McCarty, Dixie Roberts, Nicole Rosales, Cathy Satow, Michelle Skarr, Corina Swan, Rachel Travis and Connie Welch.

The team will make its season debut the first week of May at a tournament that will be played at the Mountain Post Sports Complex

**Fort Carson's J.C. Swain and James Carley were part of a near riot scene April 5 but no need to worry, it was in a controlled environment.**

See **Bench** on Page 35



Photo by Walt Johnson

## Laughter is good

*Fort Carson's J.C. Swain lays on the floor as he tells a joke during a comedy show in Old Colorado City April 5 that brought the house down.*





Photo by Walt Johnson

## Sox getting ready

*Colorado Springs Sky Sox Hitting Instructor and Sky Sox Hall of Famer Alan Cockrell, left, goes over batting instruction with Sky Sox players Bo Hart, center and Corey Slavik. The Sky Sox have their season opener Friday at Security Service Field in Colorado Springs at 7 p.m.*

## Bench

From Page 34

The two Soldiers were part of a comedy troupe that performed at at Thunder and Buttons, in Old Colorado City before a capacity crowd that was howling with laughter. Carley brought the house down with his “special eduction” dialogue joking about things from fishing with his daughter to other adventures in life that every person in the room could relate to.

Swain was just as funny as he talked about dating habits and other mature topics that many in the capacity crowd were laughing so hard it almost seemed uncontrollable at times.

This was the first show the troupe performed in Colorado Springs and another is scheduled for early May. One of the producers of the show told the crowd at the end of the show he thinks the group is going to be so large in the future that people had better get on board by seeing them now.

**The Colorado Springs Sky Sox, the top farm affiliate of the Colorado Rockies, will open its 2006 home season Friday at Security Service Field in Colorado Springs.**

The Sky Sox are coming off the first road trip of the season and the team lost its first four games of the year to the Tacoma Rainiers in Washington, Thursday through Sunday. At press time

the Sky Sox are playing in Oregon as they take on the Portland Beavers, the top farm affiliate of the San Diego Padres. The upcoming home stand will find the Sky Sox meeting the Tucson Sidewinders, the top affiliate of the Arizona Diamondbacks and the Beavers. The team will host the Beavers Friday through Sunday. After a day off Monday, the team will host the Beavers Tuesday through April 21.

One of the highlights of each season at Security Service Field is the annual salute to the Fort Carson night activities. The team has scheduled May 21 as Fort Carson Appreciation Day when it hosts the New Orleans Zephyrs in a 1:05 p.m. game. Free tickets for the military appreciation day will be available at the Information, Ticket and Registration office beginning April 21. If weather forces postponement of the May 21 game the, make up date is May 25 when the Sky Sox will host the Oklahoma Redhawks.

Also, the Sky Sox will hold military salute days each Sunday beginning June 4. More information on Sky Sox promotions will be in future editions of the *Mountaineer*.

**There is some news concerning the post swimming pools.**



## *Mountaineer Varsity Sports*

### Rugby battle

*The Colorado Springs/Fort Carson Rugby Football Club, in white, won its match against Fort Collins, 25-17, Saturday at noon at Bear Creek Park in Colorado Springs. The team is now setting its sights on its next game, which will be Saturday against the Air Force Academy 2nds at the Air Force Academy at 10 a.m.*





## *Mountaineer* Fitness Feature



Photo by Walt Johnson

### Stretching out

*Mountain Post* people stretch out prior to taking part in an aerobics class recently. The aerobics schedule at Forrest Fitness Center for the month of April has changed with many classes not being held this month. Here is the April schedule for aerobics; please note the dates when there will be no classes: Monday — 10 a.m., Yoga; 5:30 p.m. 20-20-20 (there will be no class April 24); Tuesday — 6:30 a.m., Spinning; 9 a.m., Cardio Miix; 9 a.m., Spinning; 5:30 p.m., Yoga; Wednesday — 10 a.m., Yoga; 4:30 p.m., Spinning; 5:30 p.m., Toning (no spinning or toning class Wednesday); —Thursday 6:30 a.m., Spinning; 9 a.m., Spinning; 9 a.m., Cardio Mix; 5:30 p.m., Yoga; —Friday 9 a.m., Spinning; 10 a.m., Yoga; 4:30 p.m., Kick Boxing (there will be no kick boxing April 21).





Photo by Walt Johnson

### Women's softball

*Lady Mountaineer player Sarah Lund practices her double play technique during a recent practice session at the Mountain Post Sports Complex. The Lady Mountaineers are preparing to open the season in early May in a tournament at the post softball fields.*

### Bench

From Page 35

First, the outdoor swimming pool is scheduled to open May 26 and will remain open until Labor Day.

Also, to meet the rising cost of operations, the indoor and outdoor pool will be raising prices beginning May 1. The exact cost of the increases are still being determined but will be announced before taking effect on May 1. For more information on the price changes at the aquatic centers contact Don Armes, aquatics center director, at 526-3193 or 526-3107.

**Fort Carson and Peterson Air Force Base will be playing a two game challenge series Wednesday and Thursday with basketball supremacy on line.**

The two teams will face off Wednesday at Peterson Air Force Base's gym 2 at 6 p.m. The game will be played between the Peterson base champions and the Fort Carson post champions. On Thursday night at 6 p.m. the post varsity basketball team will meet the Peterson base champions at Carson's Special Events Center.

**The post youth soccer season will be getting under way Saturday at Pershing Field on post as many of the young**

athletes have been getting ready for the past three weeks for this year's action.

The games will begin at 9 a.m. and run until 2 p.m. The teams will once again play according to age groups with the type of nonstop action that is common with soccer play at that age. Kristina Cannon said the young athletes and the center staff are looking forward to his year's league action and the chance to get out in the open air and play sports after the winter season of playing basketball indoors.

**Well, its been a while since I had a chance to talk about the "pay for play" guys, so I'll take this opportunity to do so.**

I couldn't help but notice that it is only two weeks before the National Football League selection meeting (the draft, for us common folks) will take place and things are starting to get very interesting.

No one is quite sure what to expect from the first seven picks and then the real drama will start. Because this is as deep a draft as the old guy has seen in some time, I'm looking forward to seeing how it turns out and just how many teams are able to help themselves.



# Garden of the Gods

# Harpolis

*A sunny day brings lots of visitors to the Garden of the Gods.*



**Story and photos by Nel Lampe**

*Mountaineer staff*

One of the most spectacular sights in the Colorado Spring area is the Garden of the Gods. The vertical red rock formations on the city's west side reflect the early morning sun and frame Pikes Peak. If there's snow on the peak or clouds in the sky, that scene is captured on film in patriotic colors of red, white and blue.

And that picture goes home with a lot of tourists. At least a million people visit the Garden of the Gods each year. Visitors from all over the world stop by the Garden of the Gods to marvel at the rocks.

A good time to pay a visit to the Garden of the Gods Visitor and Nature Center might be April 22, when Earth Day is observed there.

"How Did Those Red Rocks Get There?" is a question often heard at the visitor center and the title of a 12-minute introductory film about the phenomena. The film is shown every half hour and costs \$2 for adults and \$1 for children.

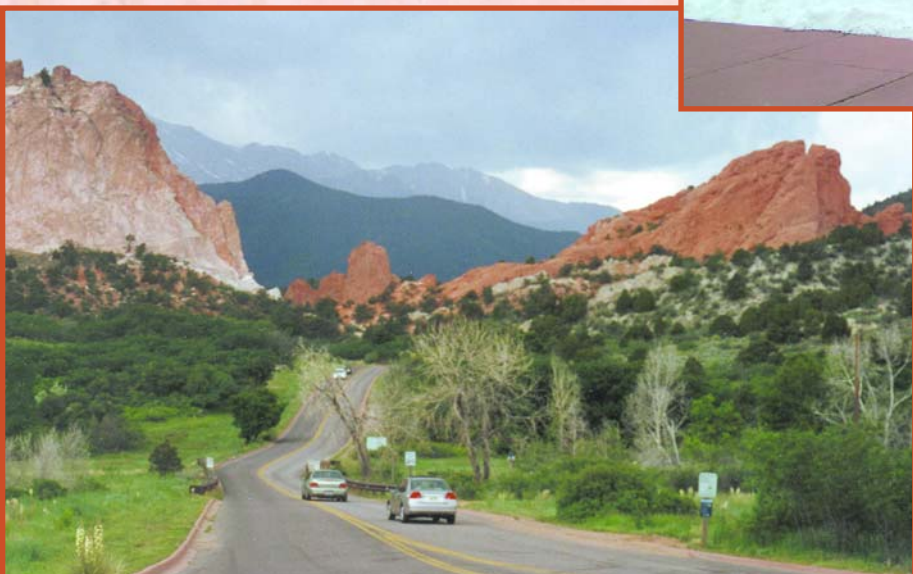
But to make the story short, the red rocks were once horizontal layers of sandstone which were thrust to the surface 35 million years ago when continental plates collided.

See Garden on Page 40

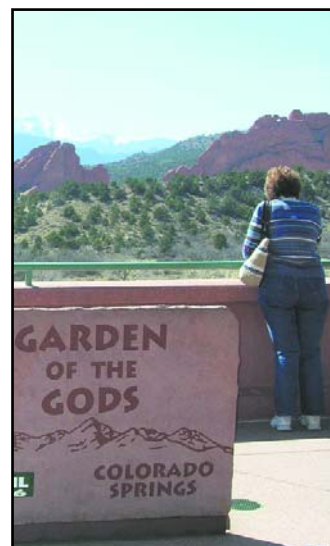
Experience  
nature at  
its best



*A March snowstorm dusts the red rocks.*



*Storm clouds gather over the Gateway Rocks.*



Places to see in the Pikes Peak area.

April 13, 2006



## Garden

From Page 39

But watching the film is a good place to start your visit to Garden of the Gods.

People were drawn to the red rocks in the Garden of the Gods. The Ute Indians wintered in the Pikes Peak area for many years and considered the Garden of the Gods a sacred place.

Gen. William Palmer, the founder of Colorado Springs, selected a site just north of the Garden of the Gods for his estate. The property has some uplifted red rocks on it as well.

Palmer is credited with advising his friend, fellow railroader Charles E. Perkins, to buy the Garden of the Gods property. Perkins, who was president of the Burlington Railroad, did buy a large portion of the Garden of the Gods property in 1879 and another 240 acres later. He allowed citizens to visit the Garden of the Gods.

After his death in 1909, Perkins' children donated the park to the city of Colorado Springs with the stipulation that the park must remain free to the public forever.

First-time visitors should make their first stop at the Visitor and Nature Center, 1805 N. 30th St., just opposite the Garden of the Gods entrance. There's no charge for the visitor center. There's ample parking in lots in front of the low red building

The Garden of the Gods visitor center is a public/private partnership which opened in 1995. It's a first class facility with historic and educational exhibits, classes and lectures.

Historic photographs allow visitors to learn about early days of the park. Paintings depict what the park might have looked like during the Jurassic Age.

Exhibits portray the animal life in the park as well as its history.

Visitors may participate in a half-hour free naturalist-led walks at 10 a.m. and 2 p.m. daily.

Nature presentations are presented and last

about 20 minutes and may present information about wildlife, plants, cultural history or geology. Call 219-0108 for information.

There's a view of the Gateway rocks framing Pikes Peak, which can be seen from the terrace at the visitor center.

The gift shop has a wide selection of books about Colorado sights and history. Colorado gifts, photographs, posters, maps, calendars and are in one of the gift shops. Colorado souvenirs, are in another.

A selection of Colorado food products, cookbooks and kitchen items are in a gift shop in the snack bar.

The snack bar menu includes soup, salad and quesadillas in the \$2 and \$3 price range, as well as cookies, ice cream and soft drinks. Buffalo burgers are \$5.50 and hamburgers and barbecue sandwiches are a little less. Choose a table inside the visitor center or on the terrace.

Once the visitor center has been explored, pick up a free map and take a drive around the park. There are a few pull-off parking areas for gazing or picture-taking. As the roads are narrow and winding, pull off the road only in designated pull off areas.

A parking lot near the Kissing Camels rock formation provides visitors the opportunity to explore nearby paths. There are a couple of small picnic areas with tables and grills on the south end of the park.

Popular stops for visitors and tourists are the Balanced Rock and Steamboat Rock.

A word to the wise visitor to the Garden of the Gods: even though you may be tempted to climb the rocks and may see people doing so, don't be tempted. Rock scrambling — climbing more than 10 feet above the base of the valley without technical equipment — is illegal. Scramblers are subject to a \$500 fine and/or 90 days in jail. If rescue is necessary, scramblers may have to pay the rescue costs.

However, technical climbing is allowed within the rules: technical climbers must register at the visitor's center, have proper technical equipment and follow the rules and regulations.

Visitors who prefer a guided tour may take a bus tour during the summer. Buses leave the visitors center about every half hour from about 9 a.m. to 5 p.m. There's a charge of \$5.

Just outside the Garden of the Gods on private property, near the Manitou Springs exit, is the Garden of the Gods Trading Post. The trading post is built in Pueblo style and is filled with gift and souvenir items. Southwest-style decorative items, such as rugs, lamps, paintings, drums and pottery are available. There's also drums, moccasins and jewelry; T-shirts and souvenirs.

The Balanced Rock Café is in the



Rocks in the Garden of the Gods have interesting shapes. Be sure to see Balanced Rock and Kissing Camels.



Guided horseback rides are available in Garden of the Gods.

trading post and serves buffalo burgers, sandwiches, salads, soft drinks and snack items.

The Garden of the Gods Trading Post is open from 9 a.m. to 5 p.m. in winter and from 8 a.m. to 8 p.m. during summer. The Web site is [www.co-trading-post.com](http://www.co-trading-post.com). The trading post is at 324 Beckers Lane.

The Academy Riding Stables, south and east of the trading post, are at 4 El Paso Blvd. Rides are available at 10 a.m. in the off season and at 9 a.m. in summer. For reservations call 633-5667.

The Garden of the Gods is reached off 30th Street on the west side of Colorado Springs. It can also be reached by taking Interstate 25 north to Garden of the Gods Road, then head west. Follow signs to the 30th Street entrance. An alternate route is to take Colorado Avenue or Highway 24 west to Manitou Springs, then follow signs to the southern entrance.

Earth Day will be celebrated at the Garden of the Gods Visitor and Nature Center April 22. Ongoing activities at the center, from 9 a.m.-3 p.m., include an appearance by the Fort Carson Mounted Color Guard, the Sweet Water American Indian Dancers, the Air Force Academy Falconers and raptors and other birds.

Rock Ledge Ranch Historic Site, located beside the entrance to the Garden of the Gods opposite the visitor center, will also observe Arbor Day with activities and free admission.

### Just the Facts

- **Travel time:** Half hour
- **For ages:** all
- **Type:** natural park
- **Fun factor** ★★★★★  
(Out of 5 stars)
- **Wallet damage:** free
  - \$ = Less than \$20
  - \$\$ = \$21 to \$40
  - \$\$\$ = \$41 to \$60
  - \$\$\$\$ = \$61 to \$80(Based on a family of four)



Visitors learn about the history of the red rocks and the Garden of the Gods.



The Garden of the Gods Trading Post has been in business for more than 100 years.



## Get Out!

### Pikes Peak Center

**Nickel Creek is in the Pikes Peak Center** Friday at 7:30 p.m. Call 520-SHOW for ticket information or go online at [www.ticketwest.com](http://www.ticketwest.com).

**David Sanborn** is in the Pikes Peak Center April 27 at 7:30 p.m.

Call the box office at 520-SHOW or go online at [www.ticketwest.com](http://www.ticketwest.com). The Pikes Peak Center is at 190 S. Cascade Ave. in downtown Colorado Springs.

### Fine Arts Center

**"The Creative World of Peter Max" is in the Fine Arts Center**, 30 W. Dale St. The exhibit includes 356 portraits of heroic firefighters of Sept. 11. Tickets are \$10 for nonmembers; free for Fine Arts Center members. The Fine Arts Center is open Tuesdays through Saturdays.

### Casino night

A **"Casino Night"** is in the Special Events Center, April 29, 7-11 p.m. Sponsored by Fort Carson Officers' Spouses' Club and the Enlisted Spouses Charitable Organization, admission is \$8 in advance or \$10 at the door and includes a barbecue buffet and beverages. For information, call 559-7989 or 391-7665.

### Fort Carson Night

**The Colorado Crush arena football team has Fort Carson Night** April 28 at 7 p.m. at

Denver's Pepsi Center. Order discount tickets at (720) 258-3481 or e-mail [Jbullock@coloradocrush.com](mailto:Jbullock@coloradocrush.com). Tickets range from \$5 for the upper level to \$20 for lower level. See the seating chart at [www.coloradocrush.com](http://www.coloradocrush.com).

### Flying W Ranch

**The Flying W Ranch** has dinner and a Western show in the winter steakhouse, open now through mid-May on Fridays and Saturdays. The menu includes steak for \$26; or trout, ribs, brisket or chicken for \$24. There's a reduced price for children under 8. Go online to [www.flyingw.com](http://www.flyingw.com) or call 598-4000. The Flying W is at 3330 Chuckwagon Road.

### Denver museum

**"Body Worlds 2: The Anatomical Exhibit of Real Human Bodies"** is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called "plastination," so you can see muscles and organs and how they work. There's a special charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. IMAX shows include "Mystic India" and "Wired to Win: Surviving the Tour de France." The planetarium shows "Black Holes." Go online at [www.DMNS.com](http://www.DMNS.com) or call (303) 322-7009 for show times and ticket prices. The museum is in Denver's City Park at 2001 Colorado Blvd.

### Earth Day

**Earth Day** will be observed April 22 at the Garden of the Gods with activities from 9 a.m.-3 p.m., including American Indian dance performances, arts and crafts and nature walks.

Rock Ledge Ranch, near the entrance, also observes Arbor Day activities with free admission from 9 a.m.-3 p.m.

### MacBeth

**Shakespeare's "MacBeth"** is part of the Center Stage Performing Arts Series series April 29 at 7:30 p.m. The tragedy is presented by The Acting Company. Tickets are \$20 at (719) 295-7222. It is in the Sangre de Cristo theater, 210 N. Santa Fe Ave. in Pueblo.

### UCCS theater

**"The Three Musketeers,"** presented by Theatreworks, is in the Bon Vivant Theater at 3955 Cragwood Drive Wednesday through April 23. Performances are at 7:30 p.m. through April 22. There's a 2 p.m. matinee April 22 and a 4 p.m. performance April 23. Tickets start at \$15; call 262-3232.

### Easter sunrise services

**Fort Carson's Easter Sunrise Service** is Sunday at 7 a.m. at the Ironhorse Park amphitheater. If the weather is inclement, the service will be in Soldiers' Memorial Chapel. A continental breakfast will be served following the service.

**An Easter Sunrise Service** is April 16 at 5:45 a.m. in America the Beautiful Park in downtown Colorado Springs, near the Colorado Avenue bridge. In case of inclement weather, the service will be in the First Presbyterian Church downtown.

**Royal Gorge Bridge and Park hosts an Easter sunrise service** at the bridge Sunday at the south rim of the gorge at 6 a.m.; gates open at 5:30 a.m. Admission is free for the sunrise service; bring lawn chairs.

## Sky Sox

*The Sky Sox baseball team's first home game is Friday at 6:05 p.m.*

*The farm team of the Colorado Rockies, Sky Sox tickets are \$5 to \$9, with a \$1 discount for military. Call 591-SOXX for ticket information. Security Service Field is near the intersection of Powers Boulevard and Barnes Road, on the east side of Colorado Springs.*



Photo by Wallt Johnson

## Buster s Baghdad

by Maj. James D. Crabtree

